



Stirnu Buks IV
Talsi / 30.07.2016

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Šulga, Ruslans

□□: Maratona klubs-Liepāja

□□: 191

□□: 29.00 km

Lusis

□□□□:

VL2

□□□: 2:31:45

□□: 11.47 km/h

□□□□□/□□□: 27 (of 220)

□□□□□/□: 26 (of 167)

□□□□□□: 1:54:47

□□□□□: 19(of 93)

□□□□□□□: 2:01:12

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Sprint Start	-	30:50	-	13	4:41	17	6:12	-	30:50	-	13	4:41	17	6:12
Sprint Finish	-	1:20	-	38	0:32	55	0:32	-	32:10	-	14	5:01	18	6:41
103	-	16:29	-	12	2:17	18	3:22	-	48:39	-	13	7:18	17	10:03
104	-	28:03	-	12	4:14	18	5:20	-	1:16:42	-	14	11:32	18	15:23
105	-	38:52	-	56	19:10	88	19:10	-	1:55:34	-	20	24:58	29	30:27
106	-	29:51	-	15	5:19	20	5:40	-	2:25:25	-	20	29:21	27	36:07
Ziel	-	6:20	-	14	1:12	21	1:12	29.00	2:31:45	-	19	30:33	26	36:58