



Stirnu Buks IV
Talsi / 30.07.2016

0000

Ščedrovs, Valentīns

00: Supercompensation

00: 45

00: 29.00 km

Lusis

0000:

VL2

000: 2:49:09

00: 10.29 km/h

00000/000: 64 (of 220)

00000/0: 58 (of 167)

000000: 1:54:47

00000: 38(of 93)

0000000: 2:01:12

0000

0000

000

000	00 km	00 00	00 km/h	00 -	00 -	00 0	00 0	000 km	000 00	000 km/h	00 -	00 -	00 0	00 0
Sprint Start	-	36:37	-	35	10:28	56	11:59	-	36:37	-	35	10:28	56	11:59
Sprint Finish	-	1:12	-	25	0:24	33	0:24	-	37:49	-	34	10:40	55	12:20
103	-	19:38	-	50	5:26	83	6:31	-	57:27	-	40	16:06	66	18:51
104	-	37:13	-	73	13:24	124	14:30	-	1:34:40	-	52	29:30	87	33:21
105	-	35:14	-	28	15:32	43	15:32	-	2:09:54	-	47	39:18	76	44:47
106	-	32:37	-	27	8:05	41	8:26	-	2:42:31	-	38	46:27	58	53:13
Ziel	-	6:38	-	24	1:30	34	1:30	29.00	2:49:09	-	38	47:57	58	54:22