



Stirnu Buks IV
Talsi / 30.07.2016

□□□□

Zvirgzds, Kristaps

□□: Intervālu Regresori

□□: 1312

□□: 21.00 km

Stirnu buks

□□□□:

VBJ

□□□: 2:02:10

□□: 10.31 km/h

□□□□□/□□□: 131 (of 347)

□□□□□/□: 113 (of 226)

□□□□□□: 1:19:39

□□□□□: 7(of 11)

□□□□□□□: 1:27:30

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□□□

| □□□ | □□ km | □□ □□ | □□ km/h | □□ - | □□ - | □□ □ | □□ □ | □□□ km | □□□ □□ | □□□ km/h | □□ - | □□ - | □□ □ | □□ □ |
|---------------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| Sprint Start | - | 41:46 | - | 10 | 13:32 | 154 | 16:29 | - | 41:46 | - | 10 | 13:32 | 154 | 16:29 |
| Sprint Finish | - | 1:27 | - | 6 | 0:41 | 67 | 0:41 | - | 43:13 | - | 10 | 14:13 | 155 | 16:52 |
| 103 | - | 20:31 | - | 8 | 5:15 | 125 | 7:00 | - | 1:03:44 | - | 10 | 19:17 | 147 | 23:52 |
| 105 | - | 17:30 | - | 6 | 4:05 | 91 | 5:29 | - | 1:21:14 | - | 8 | 23:22 | 137 | 29:21 |
| 106 | - | 33:34 | - | 6 | 8:51 | 87 | 10:36 | - | 1:54:48 | - | 7 | 32:13 | 115 | 39:57 |
| Ziel | - | 7:22 | - | 7 | 2:27 | 89 | 2:34 | 21.00 | 2:02:10 | - | 7 | 34:40 | 113 | 42:31 |