



Stirnu Buks V  
 Āžu Kalna / 20.08.2016

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Kassalis, Ivars

□□: Riga Ironman Team

□□: 1283

□□: 22.00 km

Stirnu buks

□□□□:

VB2

□□□: 1:48:28

□□: 12.17 km/h

□□□□□/□□□: 23 (of 311)

□□□□□/□: 22 (of 202)

□□□□□□: 1:27:59

□□□□□: 16(of 123)

□□□□□□□: 1:30:09

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	21:23	-	14	3:17	20	3:17	-	21:23	-	14	3:17	20	3:17
Sprint Start	-	23:21	-	17	4:02	23	4:13	-	44:44	-	15	7:19	21	7:30
Sprint Finish	-	2:00	-	72	0:58	105	1:09	-	46:44	-	16	7:49	22	8:39
105	-	28:46	-	16	5:21	24	5:21	-	1:15:30	-	16	13:10	22	13:12
106	-	20:04	-	16	3:18	22	4:14	-	1:35:34	-	16	16:13	22	17:26
Ziel	-	12:54	-	19	2:06	27	3:03	22.00	1:48:28	-	16	18:19	22	20:29