



Stirnu Buks V  
 Āžu Kalna / 20.08.2016

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Žuravļovs, Andris

□□: Warrior Workout

□□: 6085

□□: 22.00 km

Stirnu buks

□□□□:

VB2

□□□: 2:56:17

□□: 7.49 km/h

□□□□□/□□□: 273 (of 311)

□□□□□/□: 194 (of 202)

□□□□□□: 1:27:59

□□□□□: 119(of 123)

□□□□□□□: 1:30:09

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□□□□

□□□

| □□□           | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| 101           | -        | 46:44    | -          | 123     | 28:38   | 202     | 28:38   | -         | 46:44     | -           | 123     | 28:38   | 202     | 28:38   |
| Sprint Start  | -        | 28:43    | -          | 74      | 9:24    | 115     | 9:35    | -         | 1:15:27   | -           | 122     | 38:02   | 198     | 38:13   |
| Sprint Finish | -        | 2:09     | -          | 83      | 1:07    | 124     | 1:18    | -         | 1:17:36   | -           | 122     | 38:41   | 198     | 39:31   |
| 105           | -        | 43:09    | -          | 110     | 19:44   | 179     | 19:44   | -         | 2:00:45   | -           | 120     | 58:25   | 195     | 58:27   |
| 106           | -        | 34:01    | -          | 115     | 17:15   | 190     | 18:11   | -         | 2:34:46   | -           | 119     | 1:15:25 | 194     | 1:16:38 |
| Ziel          | -        | 21:31    | -          | 115     | 10:43   | 184     | 11:40   | 22.00     | 2:56:17   | -           | 119     | 1:26:08 | 194     | 1:28:18 |