



Stirnu Buks VI
Mākoņkalna / 24.09.2016

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Promberga, Sniga

□□: CrossFit Ridzene

□□: 2231

□□: 13.00 km

Zakis

□□□□:

SZ3

□□□: 1:27:14

□□: 8.94 km/h

□□□□□/□□□: 281 (of 477)

□□□□□/□: 104 (of 242)

□□□□□□: 59:22

□□□□□: 81(of 187)

□□□□□□□: 59:34

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	36:21	-	72	11:00	92	11:00	-	36:21	-	72	11:00	92	11:00
Sprint Start	-	30:21	-	76	9:20	100	9:20	-	1:06:42	-	70	20:20	93	20:20
Sprint Finish	-	5:11	-	130	2:10	171	2:25	-	1:11:53	-	75	22:30	98	22:30
Ziel	-	15:21	-	101	5:10	127	5:10	13.00	1:27:14	-	81	27:40	104	27:52