



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

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Laganovskis, Dzintars

□□□: 3:56:04

□□: AD Fitness

□□: 7.12 km/h

□□: 41

□□: 28.00 km

□□□□□/□□□: 266 (of 274)

Lusis

□□□□□/□: 204 (of 206)

□□□□□□: 1:47:32

□□□□:

□□□□□: 61(of 62)

VL3

□□□□□□□: 1:57:52

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	29:15	-	61	14:23	204	15:50	-	29:15	-	61	14:23	204	15:50
Sprint Start	-	55:42	-	61	27:15	204	29:18	-	1:24:57	-	61	41:38	204	45:08
Sprint Finish	-	3:18	-	62	1:53	206	2:05	-	1:28:15	-	61	43:19	204	47:07
104	-	33:59	-	60	16:39	203	18:04	-	2:02:14	-	61	59:58	204	1:05:10
105	-	57:47	-	61	31:19	205	33:49	-	3:00:01	-	61	1:31:17	204	1:38:21
106	-	37:59	-	56	18:48	188	21:03	-	3:38:00	-	61	1:49:43	204	1:59:03
Ziel	-	18:04	-	58	8:49	194	9:37	28.00	3:56:04	-	61	1:58:12	204	2:08:32