



Stirnu Buks VII  
Beverīnas kalna / 22.10.2016

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Šutovs, Igors

□□: runingdojo

□□: 236

□□: 28.00 km

Lusis

□□□□:

VL2

□□□: 2:22:54

□□: 11.76 km/h

□□□□□/□□□: 71 (of 274)

□□□□□/□: 67 (of 206)

□□□□□□: 1:47:32

□□□□□: 41(of 120)

□□□□□□□: 1:47:32

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| □□□           | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□ | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-----|---------|---------|---------|---------|
| 101           | -        | 19:48    | -          | 72      | 6:23    | 120     | 6:23    | -     | 19:48   | -   | 72      | 6:23    | 120     | 6:23    |
| Sprint Start  | -        | 33:58    | -          | 33      | 7:34    | 55      | 7:34    | -     | 53:46   | -   | 51      | 13:57   | 84      | 13:57   |
| Sprint Finish | -        | 2:08     | -          | 81      | 0:55    | 137     | 0:55    | -     | 55:54   | -   | 50      | 14:46   | 86      | 14:46   |
| 104           | -        | 20:04    | -          | 27      | 4:09    | 45      | 4:09    | -     | 1:15:58 | -   | 41      | 18:54   | 67      | 18:54   |
| 105           | -        | 31:24    | -          | 28      | 7:26    | 49      | 7:26    | -     | 1:47:22 | -   | 38      | 25:42   | 61      | 25:42   |
| 106           | -        | 23:45    | -          | 40      | 6:49    | 66      | 6:49    | -     | 2:11:07 | -   | 40      | 32:10   | 63      | 32:10   |
| Ziel          | -        | 11:47    | -          | 47      | 3:20    | 74      | 3:20    | 28.00 | 2:22:54 | -   | 41      | 35:22   | 67      | 35:22   |