



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

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Ščedrovs, Aleksandrs

□□: Supercompensation

□□: 235

□□: 28.00 km

Lusis

□□□□:

VL2

□□□: 2:20:29

□□: 11.96 km/h

□□□□□/□□□: 58 (of 274)

□□□□□/□: 54 (of 206)

□□□□□□: 1:47:32

□□□□□: 33(of 120)

□□□□□□□: 1:47:32

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	17:33	-	36	4:08	61	4:08	-	17:33	-	36	4:08	61	4:08
Sprint Start	-	34:24	-	39	8:00	62	8:00	-	51:57	-	36	12:08	60	12:08
Sprint Finish	-	1:54	-	59	0:41	92	0:41	-	53:51	-	37	12:43	61	12:43
104	-	21:26	-	43	5:31	71	5:31	-	1:15:17	-	36	18:13	59	18:13
105	-	31:48	-	34	7:50	58	7:50	-	1:47:05	-	36	25:25	59	25:25
106	-	22:18	-	31	5:22	49	5:22	-	2:09:23	-	35	30:26	56	30:26
Ziel	-	11:06	-	34	2:39	55	2:39	28.00	2:20:29	-	33	32:57	54	32:57