



Stirnu Buks VII  
Beverīnas kalna / 22.10.2016

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Vanaga, Žanna

□□: VSK noskrien

□□: 190

□□: 28.00 km

Lusis

□□□□:

SL3

□□□: 3:25:18

□□: 8.18 km/h

□□□□□/□□□: 245 (of 274)

□□□□□/□: 52 (of 68)

□□□□□□: 2:14:04

□□□□□: 13(of 19)

□□□□□□□: 2:32:37

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	25:44	-	14	7:19	54	9:47	-	25:44	-	14	7:19	54	9:47
Sprint Start	-	47:32	-	14	10:33	49	15:20	-	1:13:16	-	14	17:51	53	25:07
Sprint Finish	-	3:09	-	14	1:20	56	1:40	-	1:16:25	-	14	18:53	53	26:22
104	-	29:31	-	12	6:58	50	9:37	-	1:45:56	-	14	25:51	52	35:58
105	-	47:23	-	11	11:43	47	17:00	-	2:33:19	-	14	37:34	53	50:44
106	-	34:54	-	11	10:22	48	13:31	-	3:08:13	-	13	47:39	52	1:04:15
Ziel	-	17:05	-	14	5:08	53	6:59	28.00	3:25:18	-	13	52:41	52	1:11:14