



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

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Kāpiņa, Inga

□□: VSK Noskrien

□□: 16

□□: 28.00 km

Lusis

□□□□:

SL3

□□□: 2:46:05

□□: 10.12 km/h

□□□□□/□□□: 160 (of 274)

□□□□□/□: 21 (of 68)

□□□□□□: 2:14:04

□□□□□: 6(of 19)

□□□□□□□: 2:32:37

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	21:32	-	7	3:07	26	5:35	-	21:32	-	7	3:07	26	5:35
Sprint Start	-	40:53	-	7	3:54	25	8:41	-	1:02:25	-	7	7:00	25	14:16
Sprint Finish	-	2:06	-	4	0:17	18	0:37	-	1:04:31	-	7	6:59	25	14:28
104	-	24:26	-	5	1:53	20	4:32	-	1:28:57	-	7	8:52	25	18:59
105	-	38:10	-	5	2:30	20	7:47	-	2:07:07	-	6	11:22	23	24:32
106	-	26:40	-	4	2:08	17	5:17	-	2:33:47	-	6	13:13	21	29:49
Ziel	-	12:18	-	4	0:21	13	2:12	28.00	2:46:05	-	6	13:28	21	32:01