



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

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Ščedrovs, Valentīns

□□: Supercompensation

□□: 50

□□: 28.00 km

Lusis

□□□□:

VL2

□□□: 2:22:26

□□: 11.79 km/h

□□□□□/□□□: 67 (of 274)

□□□□□/□: 63 (of 206)

□□□□□□: 1:47:32

□□□□□: 39(of 120)

□□□□□□□: 1:47:32

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	17:34	-	38	4:09	63	4:09	-	17:34	-	38	4:09	63	4:09
Sprint Start	-	34:28	-	41	8:04	64	8:04	-	52:02	-	37	12:13	61	12:13
Sprint Finish	-	1:51	-	48	0:38	78	0:38	-	53:53	-	38	12:45	62	12:45
104	-	21:25	-	42	5:30	70	5:30	-	1:15:18	-	37	18:14	60	18:14
105	-	32:35	-	40	8:37	67	8:37	-	1:47:53	-	39	26:13	62	26:13
106	-	23:16	-	37	6:20	62	6:20	-	2:11:09	-	41	32:12	64	32:12
Ziel	-	11:17	-	38	2:50	61	2:50	28.00	2:22:26	-	39	34:54	63	34:54