



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

□□□□

Kāpiņš, Arturs

□□: VSK Noskrien

□□: 15

□□: 28.00 km

Lusis

□□□□:

VL3

□□□: 3:03:10

□□: 9.17 km/h

□□□□□/□□□: 202 (of 274)

□□□□□/□: 170 (of 206)

□□□□□□: 1:47:32

□□□□□: 50(of 62)

□□□□□□□: 1:57:52

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	22:10	-	50	7:18	172	8:45	-	22:10	-	50	7:18	172	8:45
Sprint Start	-	44:26	-	53	15:59	187	18:02	-	1:06:36	-	52	23:17	183	26:47
Sprint Finish	-	2:17	-	45	0:52	152	1:04	-	1:08:53	-	52	23:57	183	27:45
104	-	25:33	-	47	8:13	162	9:38	-	1:34:26	-	51	32:10	178	37:22
105	-	44:07	-	52	17:39	179	20:09	-	2:18:33	-	52	49:49	177	56:53
106	-	30:03	-	48	10:52	158	13:07	-	2:48:36	-	51	1:00:19	173	1:09:39
Ziel	-	14:34	-	50	5:19	157	6:07	28.00	3:03:10	-	50	1:05:18	170	1:15:38