



Stirnu Buks VII
 Beverīnas kalna / 22.10.2016

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Prauliņš, Valdis

□□: Čiekurkalna Road Runners
 □□: 1236

□□: 22.00 km
 Stirnu buks

□□□□:
 VB3

□□□: 1:54:08

□□: 11.57 km/h

□□□□□/□□□: 56 (of 368)

□□□□□/□: 52 (of 229)

□□□□□□: 1:24:21

□□□□□: 14(of 71)

□□□□□□□: 1:35:56

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Sprint Start	-	25:13	-	9	2:39	32	5:01	-	25:13	-	9	2:39	32	5:01
Sprint Finish	-	1:45	-	5	0:12	56	0:33	-	26:58	-	9	2:39	32	5:24
104	-	19:43	-	11	2:27	38	4:38	-	46:41	-	9	5:06	33	9:54
105	-	33:34	-	24	7:05	82	11:39	-	1:20:15	-	13	11:27	47	20:58
106	-	22:46	-	16	4:38	58	6:43	-	1:43:01	-	14	16:05	51	27:04
Ziel	-	11:07	-	15	2:07	58	2:51	22.00	1:54:08	-	14	18:12	52	29:47