



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

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Röstlund, Tobias

□□: Sträcklöp

□□: 186

□□: 28.00 km

Lusis

□□□□:

VL3

□□□: 2:14:36

□□: 12.48 km/h

□□□□□/□□□: 43 (of 274)

□□□□□/□: 42 (of 206)

□□□□□□: 1:47:32

□□□□□: 12 (of 62)

□□□□□□□: 1:57:52

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	17:16	-	16	2:24	54	3:51	-	17:16	-	16	2:24	54	3:51
Sprint Start	-	33:16	-	13	4:49	44	6:52	-	50:32	-	12	7:13	45	10:43
Sprint Finish	-	1:57	-	29	0:32	106	0:44	-	52:29	-	14	7:33	47	11:21
104	-	19:42	-	11	2:22	38	3:47	-	1:12:11	-	12	9:55	43	15:07
105	-	29:59	-	11	3:31	36	6:01	-	1:42:10	-	12	13:26	41	20:30
106	-	21:52	-	10	2:41	38	4:56	-	2:04:02	-	12	15:45	42	25:05
Ziel	-	10:34	-	10	1:19	37	2:07	28.00	2:14:36	-	12	16:44	42	27:04