



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

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Zvirgzds, Kristaps

□□: Intervālu Regresori

□□: 1205

□□: 22.00 km

Stirnu buks

□□□□:

VBJ

□□□: 2:09:58

□□: 10.16 km/h

□□□□□/□□□: 134 (of 368)

□□□□□/□: 115 (of 229)

□□□□□□: 1:24:21

□□□□□: 11(of 15)

□□□□□□□: 1:34:17

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Sprint Start	-	29:52	-	12	7:31	96	9:40	-	29:52	-	12	7:31	96	9:40
Sprint Finish	-	1:38	-	7	0:26	37	0:26	-	31:30	-	12	7:57	91	9:56
104	-	23:40	-	14	6:31	141	8:35	-	55:10	-	12	14:28	108	18:23
105	-	35:24	-	11	9:21	121	13:29	-	1:30:34	-	11	23:36	112	31:17
106	-	26:19	-	11	7:51	130	10:16	-	1:56:53	-	11	31:27	111	40:56
Ziel	-	13:05	-	11	4:14	126	4:49	22.00	2:09:58	-	11	35:41	115	45:37