



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

□□□□

Radžabova-Cinovska, Alla

□□: Maratona klubs
□□: 70

□□: 28.00 km
Lusis

□□□□:
SL3

□□□: 3:13:09

□□: 8.70 km/h

□□□□□/□□□: 227 (of 274)

□□□□□/□: 44 (of 68)

□□□□□□: 2:14:04

□□□□□: 10(of 19)

□□□□□□□: 2:32:37

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	22:20	-	10	3:55	33	6:23	-	22:20	-	10	3:55	33	6:23
Sprint Start	-	44:42	-	9	7:43	37	12:30	-	1:07:02	-	10	11:37	37	18:53
Sprint Finish	-	2:39	-	10	0:50	36	1:10	-	1:09:41	-	10	12:09	36	19:38
104	-	28:12	-	10	5:39	44	8:18	-	1:37:53	-	9	17:48	40	27:55
105	-	45:59	-	10	10:19	45	15:36	-	2:23:52	-	10	28:07	44	41:17
106	-	33:45	-	10	9:13	47	12:22	-	2:57:37	-	10	37:03	45	53:39
Ziel	-	15:32	-	10	3:35	43	5:26	28.00	3:13:09	-	10	40:32	44	59:05