



Stirnu Buks VII
Beverīnas kalna / 22.10.2016

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Prombergs, Haralds

□□: CrossFit Rīdzene
□□: 2243

□□: 12.00 km
Zakis

□□□□:
VZ3

□□□: 1:02:24

□□: 11.54 km/h

□□□□□/□□□: 54 (of 512)

□□□□□/□: 47 (of 247)

□□□□□□: 47:58

□□□□□: 35(of 192)

□□□□□□□: 48:07

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
Sprint Start	-	27:00	-	32	5:41	42	5:41	-	27:00	-	32	5:41	42	5:41
Sprint Finish	-	2:02	-	39	0:23	58	0:23	-	29:02	-	31	6:04	43	6:04
106	-	22:12	-	33	5:16	45	5:19	-	51:14	-	31	11:20	43	11:23
Ziel	-	11:10	-	54	2:57	73	3:03	12.00	1:02:24	-	35	14:17	47	14:26