



# Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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## Ščedrovs, Valentīns

□□: Supercompensation

□□: 5090

□□: 21.00 km

Stirnu buks

□□□□:

VB3

□□□: 2:20:46

□□: 8.95 km/h

□□□□□/□□□: 103 (of 488)

□□□□□/□: 91 (of 308)

□□□□□□: 1:38:50

□□□□□: 24(of 77)

□□□□□□□: 1:41:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	31:51	-	22	7:35	88	8:22	-	31:51	-	22	7:35	88	8:22
102	-	32:52	-	31	8:17	122	9:45	-	1:04:43	-	28	15:52	99	18:04
103	-	37:05	-	26	8:22	108	11:37	-	1:41:48	-	27	24:14	98	29:41
104	-	20:53	-	23	4:19	92	6:21	-	2:02:41	-	25	27:48	96	36:02
Sprint Start	-	7:56	-	24	1:29	97	2:49	-	2:10:37	-	26	28:54	95	38:51
Sprint Finish	-	3:22	-	36	1:18	129	1:43	-	2:13:59	-	25	29:07	93	40:34
Finish	-	6:47	-	14	0:56	60	1:37	21.00	2:20:46	-	24	38:59	91	41:56