



# Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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Trencis, Rolands

□□□: 2:12:10

□□: Crossfit Rīdzene / Ezerkauliņi / VSK Noskrien

□□: 9.53 km/h

□□: 5470

□□: 21.00 km

□□□□□/□□□: 70 (of 488)

Stirnu buks

□□□□□/□: 62 (of 308)

□□□□□□: 1:38:50

□□□□:

□□□□□: 40(of 187)

VB2

□□□□□□□: 1:40:26

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□□□□

□□□

| □□□           | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ | □□□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------|----------|----------|------------|---------|---------|---------|---------|-----------|-----------|-------------|---------|---------|---------|---------|
| 101           | -        | 29:24    | -          | 32      | 5:54    | 51      | 5:55    | -         | 29:24     | -           | 32      | 5:54    | 51      | 5:55    |
| 102           | -        | 30:23    | -          | 44      | 7:16    | 71      | 7:16    | -         | 59:47     | -           | 39      | 13:08   | 59      | 13:08   |
| 103           | -        | 34:40    | -          | 40      | 8:46    | 63      | 9:12    | -         | 1:34:27   | -           | 40      | 21:54   | 61      | 22:20   |
| 104           | -        | 20:55    | -          | 61      | 6:20    | 93      | 6:23    | -         | 1:55:22   | -           | 41      | 28:01   | 63      | 28:43   |
| Sprint Start  | -        | 7:23     | -          | 35      | 2:08    | 50      | 2:16    | -         | 2:02:45   | -           | 41      | 30:09   | 62      | 30:59   |
| Sprint Finish | -        | 3:30     | -          | 88      | 1:47    | 138     | 1:51    | -         | 2:06:15   | -           | 42      | 31:07   | 63      | 32:50   |
| Finish        | -        | 5:55     | -          | 12      | 0:45    | 15      | 0:45    | 21.00     | 2:12:10   | -           | 40      | 31:44   | 62      | 33:20   |