



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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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
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