



Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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Šulga, Ruslans

□□: Maratona klubs/Liepāja

□□: 6197

□□: 29.00 km

Lusis

□□□□:

VL2

□□□: 3:08:02

□□: 9.25 km/h

□□□□□/□□□: 64 (of 224)

□□□□□/□: 60 (of 174)

□□□□□□: 1:51:10

□□□□□: 37(of 95)

□□□□□□□: 1:51:10

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	30:19	-	30	6:52	43	6:52	-	30:19	-	30	6:52	43	6:52
102	-	29:54	-	35	7:01	51	7:01	-	1:00:13	-	31	13:53	47	13:53
103	-	33:48	-	30	7:34	43	7:34	-	1:34:01	-	31	21:27	46	21:27
104	-	19:53	-	38	4:54	58	4:54	-	1:53:54	-	33	26:21	49	26:21
105	-	31:19	-	29	8:19	45	8:19	-	2:25:13	-	30	34:40	46	34:40
Sprint Start	-	30:52	-	45	24:52	77	24:52	-	2:56:05	-	34	1:14:21	52	1:14:21
Sprint Finish	-	4:12	-	79	2:51	147	2:51	-	3:00:17	-	35	1:15:25	53	1:15:25
Finish	-	7:45	-	62	2:26	105	2:26	29.00	3:08:02	-	37	1:16:52	60	1:16:52