



Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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Menniks, Mārtiņš

□□: pulsometers.lv

□□: 5474

□□: 21.00 km

Stirnu buks

□□□□:

VB2

□□□: 2:53:22

□□: 7.27 km/h

□□□□□/□□□: 296 (of 488)

□□□□□/□: 232 (of 308)

□□□□□□: 1:38:50

□□□□□: 143(of 187)

□□□□□□□: 1:40:26

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	42:16	-	167	18:46	269	18:47	-	42:16	-	167	18:46	269	18:47
102	-	40:10	-	159	17:03	257	17:03	-	1:22:26	-	165	35:47	269	35:47
103	-	42:30	-	123	16:36	200	17:02	-	2:04:56	-	153	52:23	243	52:49
104	-	25:07	-	115	10:32	190	10:35	-	2:30:03	-	141	1:02:42	229	1:03:24
Sprint Start	-	9:47	-	126	4:32	211	4:40	-	2:39:50	-	143	1:07:14	229	1:08:04
Sprint Finish	-	4:34	-	146	2:51	247	2:55	-	2:44:24	-	143	1:09:16	232	1:10:59
Finish	-	8:58	-	131	3:48	213	3:48	21.00	2:53:22	-	143	1:12:56	232	1:14:32