



# Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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## Promberga, Sniga

□□: CrossFit Rīdzene 1

□□: 3077

□□: 13.00 km

Zakis

□□□□:

SZ3

□□□: 1:44:34

□□: 7.46 km/h

□□□□□/□□□: 447 (of 894)

□□□□□/□: 107 (of 418)

□□□□□□: 1:10:13

□□□□□: 94(of 371)

□□□□□□□: 1:11:57

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	41:02	-	114	14:14	129	14:42	-	41:02	-	114	14:14	129	14:42
104	-	43:04	-	89	12:09	101	13:15	-	1:24:06	-	95	26:10	108	27:57
Sprint Start	-	8:34	-	81	2:46	94	2:46	-	1:32:40	-	93	28:48	106	30:30
Sprint Finish	-	4:03	-	160	2:01	177	2:01	-	1:36:43	-	95	30:13	108	32:25
Finish	-	7:51	-	70	2:24	81	2:24	13.00	1:44:34	-	94	32:37	107	34:21