



Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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Actiņš, Jānis

□□: VSK Noskrien / LSC

□□: 6055

□□: 29.00 km

Lusis

□□□□:

VL3

□□□: 3:18:57

□□: 8.75 km/h

□□□□□/□□□: 88 (of 224)

□□□□□/□: 81 (of 174)

□□□□□□: 1:51:10

□□□□□: 24(of 57)

□□□□□□□: 2:36:36

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	28:05	-	5	1:43	28	4:38	-	28:05	-	5	1:43	28	4:38
102	-	30:02	-	14	4:31	54	7:09	-	58:07	-	8	5:50	38	11:47
103	-	36:57	-	21	8:07	80	10:43	-	1:35:04	-	14	13:57	52	22:30
104	-	20:47	-	25	4:38	80	5:48	-	1:55:51	-	14	18:35	55	28:18
105	-	39:24	-	38	13:53	122	16:24	-	2:35:15	-	20	32:28	69	44:42
Sprint Start	-	32:57	-	34	23:35	105	26:57	-	3:08:12	-	25	40:19	80	1:26:28
Sprint Finish	-	3:20	-	25	1:15	79	1:59	-	3:11:32	-	24	41:22	80	1:26:40
Finish	-	7:25	-	28	1:33	88	2:06	29.00	3:18:57	-	24	42:21	81	1:27:47