



Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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Prauliņš, Valdis

□□: Čiekurkalna Road Runners

□□: 5148

□□: 21.00 km

Stirnu buks

□□□□:

VB3

□□□: 2:15:51

□□: 9.27 km/h

□□□□□/□□□: 80 (of 488)

□□□□□/□: 70 (of 308)

□□□□□□: 1:38:50

□□□□□: 20(of 77)

□□□□□□□: 1:41:47

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	28:32	-	12	4:16	39	5:03	-	28:32	-	12	4:16	39	5:03
102	-	29:31	-	15	4:56	61	6:24	-	58:03	-	12	9:12	45	11:24
103	-	36:18	-	20	7:35	88	10:50	-	1:34:21	-	16	16:47	60	22:14
104	-	23:01	-	42	6:27	149	8:29	-	1:57:22	-	18	22:29	68	30:43
Sprint Start	-	8:08	-	27	1:41	106	3:01	-	2:05:30	-	19	23:47	69	33:44
Sprint Finish	-	3:07	-	21	1:03	89	1:28	-	2:08:37	-	19	23:45	68	35:12
Finish	-	7:14	-	25	1:23	97	2:04	21.00	2:15:51	-	20	34:04	70	37:01