



Gaujas senlejas STIRNU BUKS

Ligatne / 23.09.2017

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Abiļevs, Rūdolfs

□□: New Village Workout

□□: 3435

□□: 13.00 km

Zakis

□□□□:

VZ3

□□□: 1:44:10

□□: 7.49 km/h

□□□□□/□□□: 440 (of 894)

□□□□□/□: 338 (of 476)

□□□□□□: 52:41

□□□□□: 288(of 404)

□□□□□□□: 52:41

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	39:48	-	271	30:27	315	30:27	-	39:48	-	271	30:27	315	30:27
104	-	42:42	-	278	16:58	327	16:58	-	1:22:30	-	281	37:37	328	37:37
Sprint Start	-	10:00	-	339	4:53	396	4:53	-	1:32:30	-	287	38:31	337	38:31
Sprint Finish	-	3:07	-	119	1:43	149	1:53	-	1:35:37	-	281	40:14	331	40:14
Finish	-	8:33	-	287	3:29	337	3:29	13.00	1:44:10	-	288	51:29	338	51:29