



Karostas STIRNU BUKS

Liepaja / 21.10.2017

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Heringa, Jeļena

□□: Skriešanas akadēmija

□□: 6132

□□: 27.60 km

Lusis

□□□□:

SL3

□□□: 3:21:38

□□: 8.21 km/h

□□□□□/□□□: 178 (of 293)

□□□□□/□: 31 (of 92)

□□□□□□: 1:05:08

□□□□□: 8(of 20)

□□□□□□□: 2:25:39

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	39:51	-	10	12:54	46	12:54	-	39:51	-	10	12:54	46	12:54
102	-	21:27	-	9	6:01	37	6:07	-	1:01:18	-	10	18:55	44	18:55
103	-	36:31	-	12	11:59	51	12:02	-	1:37:49	-	11	30:54	44	30:54
104	-	45:18	-	8	13:25	33	15:43	-	2:23:07	-	11	44:19	41	45:36
Sprint Start	-	52:15	-	6	10:19	20	14:50	-	3:15:22	-	8	54:38	30	2:18:02
Sprint Finish	-	1:04	-	8	0:30	40	0:31	-	3:16:26	-	8	55:08	31	2:17:31
Finish	-	5:12	-	3	0:51	12	1:14	27.60	3:21:38	-	8	55:59	31	2:16:30