



Stirnu Buks I
Zilie kalni / 15.04.2017

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Rozenfelds, Artūrs

□□: Jaunmārupe skrien

□□: 6177

□□: 28.00 km

Lusis

□□□□:

VL3

□□□: 2:30:01

□□: 11.20 km/h

□□□□□/□□□: 105 (of 296)

□□□□□/□: 99 (of 231)

□□□□□□: 1:46:56

□□□□□: 30(of 76)

□□□□□□□: 2:02:11

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
101	-	1:01:29	-	64	20:14	198	24:49	-	1:01:29	-	64	20:14	198	24:49
102	-	26:41	-	63	8:36	195	10:36	-	1:28:10	-	64	28:50	199	51:56
103	-	10:38	-	63	3:12	195	4:15	-	1:38:48	-	63	31:45	198	50:36
104	-	27:56	-	54	7:44	176	10:54	-	2:06:44	-	61	39:07	193	50:34
105	-	fehlt!	-	-	-	-	-	-	-	-	-	-	-	-
Sprint Start	-	20:42	-	14	2:55	50	4:17	-	2:27:26	-	30	26:45	97	42:26
Sprint Finish	-	1:17	-	53	0:44	171	0:49	-	2:28:43	-	30	27:29	101	43:12
Ziel	-	1:18	-	16	0:21	62	0:21	28.00	2:30:01	-	30	27:50	99	43:05