



Stirnu Buks I  
Zilie kalni / 15.04.2017

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Kuplis, Ansis

□□: WWW.RUNNING.LV

□□: 3770

□□: 12.00 km

Zakis

□□□□:

VZ3

□□□: 1:05:52

□□: 10.93 km/h

□□□□□/□□□: 385 (of 1123)

□□□□□/□: 307 (of 585)

□□□□□□: 29:00

□□□□□: 245(of 489)

□□□□□□□: 29:00

□□□□

□□□□

□□□

| □□□           | □□<br>km | □□<br>□□ | □□<br>km/h | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□     | □□□ | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|---------------|----------|----------|------------|---------|---------|---------|---------|-------|---------|-----|---------|---------|---------|---------|
| 102           | -        | 29:39    | -          | 282     | 12:23   | 350     | 23:33   | -     | 29:39   | -   | 282     | 12:23   | 350     | 23:33   |
| 104           | -        | 12:46    | -          | 258     | 5:16    | 319     | 5:16    | -     | 42:25   | -   | 269     | 17:39   | 335     | 17:39   |
| Sprint Start  | -        | 20:52    | -          | 221     | 7:29    | 274     | 7:29    | -     | 1:03:17 | -   | 249     | 40:35   | 310     | 40:35   |
| Sprint Finish | -        | 1:03     | -          | 261     | 0:34    | 332     | 0:38    | -     | 1:04:20 | -   | 246     | 25:42   | 308     | 25:42   |
| Ziel          | -        | 1:32     | -          | 235     | 0:44    | 297     | 0:44    | 12.00 | 1:05:52 | -   | 246     | 36:52   | 307     | 36:52   |