



Stirnu Buks I  
Zilie kalni / 15.04.2017

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Abiļevs, Rūdolfs

□□: New Village Workout

□□: 3600

□□: 12.00 km

Zakis

□□□□:

VZ3

□□□: 1:13:10

□□: 9.84 km/h

□□□□□/□□□: 636 (of 1123)

□□□□□/□: 447 (of 585)

□□□□□□: 29:00

□□□□□: 369(of 489)

□□□□□□□: 29:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
102	-	30:31	-	315	13:15	386	24:25	-	30:31	-	315	13:15	386	24:25
104	-	13:41	-	340	6:11	409	6:11	-	44:12	-	324	19:26	393	19:26
Sprint Start	-	26:01	-	432	12:38	518	12:38	-	1:10:13	-	372	47:31	448	47:31
Sprint Finish	-	0:41	-	45	0:12	62	0:16	-	1:10:54	-	367	32:16	443	32:16
Ziel	-	2:16	-	461	1:28	551	1:28	12.00	1:13:10	-	371	44:10	447	44:10