



Stirnu Buks I
Zilie kalni / 15.04.2017

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Kalniņš, Ritvars

□□: Skrienam kopā

□□: 6052

□□: 28.00 km

Lusis

□□□□:

VL3

□□□: 2:16:37

□□: 12.30 km/h

□□□□□/□□□: 50 (of 296)

□□□□□/□: 48 (of 231)

□□□□□□: 1:46:56

□□□□□: 15(of 76)

□□□□□□□: 2:02:11

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
101	-	46:45	-	13	5:30	52	10:05	-	46:45	-	13	5:30	52	10:05
102	-	20:02	-	10	1:57	44	3:57	-	1:06:47	-	12	7:27	52	30:33
103	-	8:13	-	16	0:47	56	1:50	-	1:15:00	-	12	7:57	52	26:48
104	-	21:42	-	11	1:30	38	4:40	-	1:36:42	-	13	9:05	51	20:32
105	-	16:39	-	19	1:57	56	4:18	-	1:53:21	-	14	10:31	51	24:50
Sprint Start	-	20:58	-	18	3:11	55	4:33	-	2:14:19	-	14	13:38	47	29:19
Sprint Finish	-	1:03	-	36	0:30	128	0:35	-	2:15:22	-	15	14:08	48	29:51
Ziel	-	1:15	-	10	0:18	42	0:18	28.00	2:16:37	-	15	14:26	48	29:41