



Stirnu Buks I  
Zilie kalni / 15.04.2017

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## Strazdiņš, Guntis

□□: Crossfit Rīdzene 2  
□□: 3623

□□: 12.00 km  
Zakis

□□□□:  
VZ3

□□□: 56:48

□□: 12.68 km/h

□□□□□/□□□: 148 (of 1123)

□□□□□/□: 125 (of 585)

□□□□□□: 29:00

□□□□□: 98(of 489)

□□□□□□□: 29:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ km/h	□□ -	□□ -	□□ □	□□ □
102	-	24:53	-	106	7:37	135	18:47	-	24:53	-	106	7:37	135	18:47
104	-	11:24	-	127	3:54	159	3:54	-	36:17	-	107	11:31	137	11:31
Sprint Start	-	18:36	-	102	5:13	131	5:13	-	54:53	-	104	32:11	132	32:11
Sprint Finish	-	0:36	-	17	0:07	25	0:11	-	55:29	-	100	16:51	126	16:51
Ziel	-	1:19	-	123	0:31	160	0:31	12.00	56:48	-	99	27:48	125	27:48