**Madlienas “Veselības apļi” 2021 no 2.jūlijs- 24.septembris**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| ­Nr.P.k. | Vārds Uzvārds | Jūlijs | Augusts |  Septembris |  |
| **2.** | **9.** | **16.** | **23.** | **30.** | ***Kopā*** | **6.** | **13.** | **20.** | **27.** | ***Kopā*** | **3.** | **10.** | **17.** | **24.** | ***Kopā*** | ***Kopā*** |
| 1. | Marta Graudiņa 2006 | 12 | 8 | 7 | 11 | 9 | ***47*** | 5 | 5 | 8 | 6 | ***24*** |  |  |  |  |  | ***71*** |
| 2. | Daniela Lamberta 2005 | 2 | 2 | 4 | 9 | 4 | ***21*** | 5 | 3 | - | - | ***8*** |  |  |  |  |  | ***29*** |
| 3. | Gustavs Boļbans 2013 | 8 | 3 | 2 |  |  | ***13*** | - | - | - | - |  |  |  |  |  |  | ***13*** |
| 4. | Sandija Liepa 2008  | 8 | 8 | 7 | 9 | 8 | ***40*** | 5 | 12 | 8 | 6 | ***31*** |  |  |  |  |  | ***71*** |
| 5. | Daniela Traine 2011 | 4 | 3 | 3 | 6 | 5 | ***21*** | 4 | 5 | 4 | - | ***13*** |  |  |  |  |  | ***34*** |
| 6. | Alise Žurēvica 2008 | 5 | 2 | 12 |  |  | ***19*** | - | - | - | - |  |  |  |  |  |  | ***19*** |
| 7. | Rainers Trainis 2012 | 10 | 4 | 2 |  | 4 | ***20*** | 6 | 11 | 9 | - | ***26*** |  |  |  |  |  | ***46*** |
| 8. | Denīza Traine 2011 | 10 | 4 | 2 |  |  | ***16*** | - | - | - | - |  |  |  |  |  |  | ***16*** |
| 9. | Kristers Aleksis Trainis 2011 | 9 | 3 | 2 |  | 2 | ***16*** | 5 | - | - | - |  |  |  |  |  |  | ***16*** |
| 10. | Karlīna Šorohova 2013 | 4 |  |  |  |  | ***4*** | - | - | - | - |  |  |  |  |  |  | ***4*** |
| 11. | Dārta Traine 2006 | 11 | 4 | 2 |  |  | ***17*** | - | - | - | - |  |  |  |  |  |  | ***17*** |
| 12. | Rihards Dišereits 2012 | 13 | 13 | 12 | 13 | 14 | ***65*** | 14 | 13 | 14 | 13 | ***54*** |  |  |  |  |  | ***119*** |
| 13. | Markuss Masiulis 2010  |  | 4 | 9 | 8 | 8 | ***29*** | 6 | 4 | 10 | - | ***20*** |  |  |  |  |  | ***49*** |
| 14. | Inga Galauska 1977 | 10 | 10 | 10 | 11 | 11 | ***52*** | 10 | 7 | 3 | 10 | ***30*** |  |  |  |  |  | ***82*** |
| 15. | Otto Jaunozoliņš 2011 | 11 | 4 | 4 | 8 | 5 | ***32*** | - | 2 | 10 | 7 | ***19*** |  |  |  |  |  | ***51*** |
| 16. | Līva Jaunozoliņa 2011 | 10 | 5 | 5 | 5 | 6 | ***31*** | 3 | 2 | 4 | 10 | ***19*** |  |  |  |  |  | ***50*** |
| 17. | Niks Ļenovs 2011 | 10 | 4 |  |  | 6 | ***20*** | - | - | 5 | 5 | ***10*** |  |  |  |  |  | ***30*** |
| 18. | Jānis Atslēdziņš 1989 | 14 | 14 | 12 | 15 | 15 | ***70*** | 16 | 17 | 15 | 17 | ***65*** |  |  |  |  |  | ***135*** |
| 19. | Estere Liepa 2018 | 2 | 1 | 2 | 1 | 1 | ***7*** | - | - | - | - |  |  |  |  |  |  | ***7*** |
| 20. | Marika Atslēdziņa 1989 | 11 | 11 |  | 11 | 11 | ***44*** | 11 | 11 | 10 | 11 | ***43*** |  |  |  |  |  | ***87*** |
| 21. | Valentīna Malnača 1968 | 12 | 10 | 13 | 13 | 13 | ***61*** | 13 | 13 | 13 | 12 | ***51*** |  |  |  |  |  | ***112*** |
| 22. | Jēkabs Bagātais 2010 | 7 | 4 |  | 3 | 5 | ***19*** | - | 4 | - | - | ***4*** |  |  |  |  |  | ***23*** |
| 23. | Jasmīna Bagātā 2016 | 7 | 4 |  | 2 | 9 | ***22*** | - | 9 | 3 | - | ***12*** |  |  |  |  |  | ***34*** |
| 24. | Kristaps Pūdnieks 2015 | 2 | 2 |  |  |  | ***4*** | 2 | - | - | - | ***2*** |  |  |  |  |  | ***6*** |
| 25. | Dārta Balode  |  |  | 5 |  |  | ***5*** | - | 2 | - | - | ***2*** |  |  |  |  |  | ***7*** |
| 26. | Deniss Martins Deņisenko 2009 |  | 3 | 4 | 4 |  | ***11*** | - | 4 | 4 | - | ***8*** |  |  |  |  |  | ***19*** |
| 27. | Eduards Marks Deņisenko 2011 |  | 2 | 2 | 2 |  | ***6*** | - | 3 | 3 | 2 | ***8*** |  |  |  |  |  | ***14*** |
| 28. | Tomass Atslēdziņš 2012 |  | 4 |  |  |  | ***4*** | - | - | - | - |  |  |  |  |  |  | ***4*** |
| 29. | Monika Dehteviča 2007 |  |  | 2 |  |  | ***2*** | 5 | - | - | - | ***5*** |  |  |  |  |  | ***7*** |
| 30 | Aigars Paegle 1981 |  |  | 13 |  |  | ***13*** | - | - | - | - |  |  |  |  |  |  | ***13*** |
| 31. | Alīna Krastiņa 2013 |  |  |  | 3 | 9 | ***12*** | 9 | 10 | - | - | ***26*** |  |  |  |  |  | ***38*** |
| 32. | Ketija Krastiņa 2017 |  |  |  | 3 | 5 | ***8*** | 4 | 7 | 2 | - | ***13*** |  |  |  |  |  | ***21*** |
| 33. | Jānis Smiļģis 2013 |  |  |  | 5 | 10 | ***15*** | 8 | 10 | 10 | - | ***28*** |  |  |  |  |  | ***43*** |
| 34. | Viktorija Deņisenko 2015 |  |  |  | 3 |  | ***3*** | - | 2 |  | - | ***2*** |  |  |  |  |  | ***5*** |
| 35. | Santa Krastiņa 1989 |  |  |  |  | 5 | ***5*** | 4 | 6 |  | - | ***10*** |  |  |  |  |  | ***15*** |
| 36. | Jānis Bagātais |  | 2 | 2 |  | 4 | ***8*** | - | 2 | - | - | ***2*** |  |  |  |  |  | ***10*** |
| 37. | Olivers Kalniņš |  |  |  |  |  |  | 7 | - | - | - | ***7*** |  |  |  |  |  | ***7*** |
| 38. | Adrians Kalniņš |  |  |  |  |  |  | 14 | - | - | - | ***14*** |  |  |  |  |  | ***14*** |
| 39. | Pols Jankovs 2010 |  |  |  |  |  |  | 7 | 4 | - | - | ***11*** |  |  |  |  |  | ***11*** |
| 40. | Valters Leitāns 2012 |  |  |  |  |  |  | 7 | - | - | - | ***7*** |  |  |  |  |  | ***7*** |
| 41. | Melānija Fjodorova 2012 |  |  |  |  |  |  | - | - | 7 | 2 | ***9*** |  |  |  |  |  | ***9*** |
| 42. | Radrigo Fjodorovs 2014 |  |  |  |  |  |  | - | - | 8 | 3 | ***11*** |  |  |  |  |  | ***11*** |
| 43.  | Jana Fjodorova |  |  |  |  |  |  | - | - | 2 | 3 | ***5*** |  |  |  |  |  | ***5*** |
| 44. | Justs Fjodorovs 1984 |  |  |  |  |  |  | - | - | - | 8 | ***8*** |  |  |  |  |  | ***8*** |
| 45. | Terēza Anna Veikmane 2019 |  |  |  |  |  |  | - | - | 3 | - | ***3*** |  |  |  |  |  | ***3*** |
| 46. | Elza Veimane 2016 |  |  |  |  |  |  | - | - | 6 | - | ***6*** |  |  |  |  |  | ***6*** |
| 47. | Normunds Veikmanis 1977 |  |  |  |  |  |  | - | - | 8 | - | ***8*** |  |  |  |  |  | ***8*** |
| 48. | Gunta Reitere 1979 |  |  |  |  |  |  | - | - | 3 | - | ***3*** |  |  |  |  |  | ***3*** |
| 49. | Raitis Cimbala |  |  |  |  |  |  | - | 7 | - | - | ***7*** |  |  |  |  |  | ***7*** |
|  |  |  |  |  |  |  |  | - | - | - | - |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | **782** | - | - | - | - | **634** |  |  |  |  |  | ***1416*** |
|  |  |  |  |  |  |  | **312,8km** | - | - | - | - | **253,6km** |  |  |  |  |  | ***566,4 km*** |

Pavisam nemanāmi esam noskrējuši arī agusta mēnesi. Mūsu veselība apļu skrējiena kontu papildinām ar vēl 634 augusta mēneša noskrietiem apļiem - 253,6 km. Kopumā šo divu mēnešu laikā uz starta līnijas vismaz vienu reizi ir kāpuši 49 skrējēji, noskrieti 1416 apļi – 566,4 km.

Laikapstākļi paliek ar vien rudenigāki, bet man prieks ka Jūs tas netraucē un piektdienas vakaru neatņemama satāvdaļa ir tikšanās Veselības apļos. Šādā gārā turpinam arī septembra mēnesi – 3., 10., 17., 24.

Tiekamies!