



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Madara Kukaine

□□□: 2:03:17

□□: 308

□□: 9.78 km/h

□□□□: 6.13 min/km

□□: 20.10 km

□□□□□/□□□: 117 (of 157)

Sporta distance

□□□□□/□: 24 (of 40)

□□□□□□: 1:33:59

□□□□:

□□□□□: 10(of 14)

S1-Sporta distance

□□□□□□□: 1:34:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:19	-	12	5:15	31	5:15	-	15:19	-	12	5:15	31	5:15
2	-	20:12	-	11	4:36	25	4:48	-	35:31	-	12	9:51	28	9:51
3	-	4:38	-	10	0:52	21	1:07	-	40:09	-	12	10:43	27	10:55
4	-	13:59	-	10	2:58	23	3:10	-	54:08	-	10	13:41	24	14:05
5	-	7:55	-	10	1:47	23	1:47	-	1:02:03	-	10	15:28	23	15:48
1	-	13:39	-	10	3:33	23	3:33	-	1:15:42	-	10	19:01	23	19:12
2	-	20:35	-	9	4:20	21	4:41	-	1:36:17	-	10	23:21	23	23:53
3	-	4:49	-	9	1:06	18	1:07	-	1:41:06	-	10	24:20	23	25:00
4	-	14:16	-	9	3:01	20	3:01	-	1:55:22	-	10	27:06	23	27:59
Finish	-	7:55	-	9	1:42	20	1:42	20.10	2:03:17	-	10	28:36	24	29:18