



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Līga Irbe

□□: Talsu pauguraines Zaķi

□□: 334

□□: 20.10 km

Sporta distance

□□□□:

S3-Sporta distance

□□□: 1:52:48

□□: 10.69 km/h

□□□□: 5.61 min/km

□□□□□/□□□□: 89 (of 157)

□□□□□/□: 12 (of 40)

□□□□□□: 1:33:59

□□□□□: 3(of 9)

□□□□□□□: 1:48:15

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
1	-	13:07	-	6	2:16	19	3:03	-	13:07	-	6	2:16	19	3:03
2	-	18:18	-	4	1:45	14	2:54	-	31:25	-	4	4:01	16	5:45
3	-	4:24	-	3	0:14	11	0:53	-	35:49	-	4	4:15	16	6:35
4	-	13:09	-	5	1:05	16	2:20	-	48:58	-	4	5:20	17	8:55
5	-	7:16	-	2	0:20	11	1:08	-	56:14	-	3	3:05	16	9:59
1	-	12:10	-	1	-	10	2:04	-	1:08:24	-	3	2:45	14	11:54
2	-	19:11	-	2	0:58	11	3:17	-	1:27:35	-	3	3:43	13	15:11
3	-	4:38	-	2	0:03	11	0:56	-	1:32:13	-	3	3:46	12	16:07
4	-	13:21	-	2	0:25	11	2:06	-	1:45:34	-	2	4:11	11	18:11
Finish	-	7:14	-	2	0:12	10	1:01	20.10	1:52:48	-	3	4:33	12	18:49