



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Inga Kāpiņa

□□: VSK Noskrien Vāveres

□□: 336

□□: 20.10 km

Sporta distance

□□□□:

S3-Sporta distance

□□□: 1:53:43

□□: 10.55 km/h

□□□□: 5.66 min/km

□□□□□/□□□: 92 (of 157)

□□□□□/□: 14 (of 40)

□□□□□□: 1:33:59

□□□□□: 4(of 9)

□□□□□□□: 1:48:15

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
1	-	12:01	-	3	1:10	12	1:57	-	12:01	-	3	1:10	12	1:57
2	-	18:04	-	3	1:31	12	2:40	-	30:05	-	3	2:41	11	4:25
3	-	4:19	-	2	0:09	9	0:48	-	34:24	-	3	2:50	11	5:10
4	-	13:01	-	3	0:57	12	2:12	-	47:25	-	3	3:47	11	7:22
5	-	7:30	-	5	0:34	17	1:22	-	54:55	-	2	1:46	10	8:40
1	-	12:44	-	5	0:34	18	2:38	-	1:07:39	-	2	2:00	10	11:09
2	-	19:49	-	5	1:36	18	3:55	-	1:27:28	-	2	3:36	11	15:04
3	-	4:44	-	4	0:09	15	1:02	-	1:32:12	-	2	3:45	11	16:06
4	-	14:00	-	4	1:04	16	2:45	-	1:46:12	-	3	4:49	14	18:49
Finish	-	7:31	-	3	0:29	13	1:18	20.10	1:53:43	-	4	5:28	14	19:44