



LMP Noskrien ziemu 1.posms SĒJĀ

SĒJĀ / 17.12.2017

□□□□

Dzintra Kārkliņa

□□□: 58:34

□□: 100

□□: 10.24 km/h

□□□□: 5.86 min/km

□□: 10.00 km

□□□□□/□□□: 126 (of 256)

Tautas distance

□□□□□/□: 28 (of 116)

□□□□□□: 42:28

□□□□:

□□□□□: 4(of 29)

S3-Tautas distance

□□□□□□□: 52:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1	-	11:52	-	3	0:44	18	3:05	-	11:52	-	3	0:44	18	3:05
2	-	20:13	-	6	2:39	43	5:45	-	32:05	-	4	3:00	25	8:50
3	-	4:47	-	5	0:36	32	1:14	-	36:52	-	4	3:34	26	10:04
4	-	13:57	-	5	1:36	31	3:46	-	50:49	-	4	5:10	26	13:50
Finish	-	7:45	-	6	1:11	35	2:16	10.00	58:34	-	4	6:13	28	16:06