



LMP Noskrien ziemu 1.posms SĒJĀ

SĒJĀ / 17.12.2017

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Dace Skrastina

□□□: 1:04:53

□□: Talsu pauguraines Zaķi

□□: 9.25 km/h

□□: 105

□□□□: 6.49 min/km

□□: 10.00 km

□□□□□/□□□: 174 (of 256)

Tautas distance

□□□□□/□: 57 (of 116)

□□□□□□: 42:28

□□□□:

□□□□□: 9(of 29)

S3-Tautas distance

□□□□□□□: 52:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:15	-	9	3:07	48	5:28	-	14:15	-	9	3:07	48	5:28
2	-	21:13	-	10	3:39	55	6:45	-	35:28	-	10	6:23	54	12:13
3	-	5:18	-	12	1:07	64	1:45	-	40:46	-	10	7:28	55	13:58
4	-	15:27	-	10	3:06	61	5:16	-	56:13	-	10	10:34	57	19:14
Finish	-	8:40	-	12	2:06	69	3:11	10.00	1:04:53	-	9	12:32	57	22:25