



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Ilze Bergmane

□□□: 2:25:13

□□: 302

□□: 8.26 km/h

□□□□: 7.22 min/km

□□: 20.10 km

□□□□□/□□□: 147 (of 157)

Sporta distance

□□□□□/□: 36 (of 40)

□□□□□□: 1:33:59

□□□□:

□□□□□: 14(of 14)

S1-Sporta distance

□□□□□□□: 1:34:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:30	-	13	5:26	32	5:26	-	15:30	-	13	5:26	32	5:26
2	-	22:20	-	14	6:44	38	6:56	-	37:50	-	13	12:10	34	12:10
3	-	5:37	-	14	1:51	38	2:06	-	43:27	-	14	14:01	38	14:13
4	-	17:12	-	14	6:11	38	6:23	-	1:00:39	-	14	20:12	38	20:36
5	-	8:58	-	14	2:50	36	2:50	-	1:09:37	-	14	23:02	36	23:22
1	-	16:19	-	14	6:13	35	6:13	-	1:25:56	-	14	29:15	36	29:26
2	-	24:38	-	14	8:23	36	8:44	-	1:50:34	-	14	37:38	36	38:10
3	-	7:11	-	14	3:28	36	3:29	-	1:57:45	-	14	40:59	36	41:39
4	-	18:17	-	14	7:02	35	7:02	-	2:16:02	-	14	47:46	35	48:39
Finish	-	9:11	-	14	2:58	33	2:58	20.10	2:25:13	-	14	50:32	36	51:14