



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Līga Laganovska

□□: AD FITNESS

□□: 512

□□: 10.00 km

Nujošanas pargajiens-1aplis

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S-Nujošanas pargajiens-1aplis

□□□: 1:35:27

□□: 6.29 km/h

□□□□: 9.55 min/km

□□□□□/□□□: 17 (of 27)

□□□□□/□: 13 (of 21)

□□□□□□: 1:26:01

□□□□□: 13(of 21)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	20:54	-	11	2:13	11	2:13	-	20:54	-	11	2:13	11	2:13
2	-	30:21	-	7	2:22	7	2:22	-	51:15	-	9	4:29	9	4:29
3	-	7:46	-	10	1:07	10	1:07	-	59:01	-	12	5:24	12	5:24
4	-	23:21	-	13	3:09	13	3:09	-	1:22:22	-	13	8:33	13	8:33
Finish	-	13:05	-	11	1:46	11	1:46	10.00	1:35:27	-	13	9:26	13	9:26