



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Kristīne Kuka

□□: AD FITNESS

□□: 511

□□: 20.10 km

Nujošanas pargajiens-2apli

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S-Nujošanas pargajiens-2apli

□□□: 2:47:59

□□: 7.18 km/h

□□□□: 8.36 min/km

□□□□□/□□□: 8 (of 13)

□□□□□/□: 4 (of 7)

□□□□□□: 2:39:23

□□□□□: 4(of 7)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
1	-	18:01	-	3	0:45	3	0:45	-	18:01	-	3	0:45	3	0:45
2	-	26:17	-	2	0:53	2	0:53	-	44:18	-	2	1:38	2	1:38
3	-	6:39	-	5	0:35	5	0:35	-	50:57	-	3	2:13	3	2:13
4	-	19:42	-	6	1:46	6	1:46	-	1:10:39	-	4	3:59	4	3:59
5	-	11:09	-	7	0:57	7	0:57	-	1:21:48	-	4	4:56	4	4:56
1	-	18:39	-	6	0:56	6	0:56	-	1:40:27	-	4	5:52	4	5:52
2	-	28:41	-	6	1:25	6	1:25	-	2:09:08	-	4	7:17	4	7:17
3	-	6:50	-	4	0:09	4	0:09	-	2:15:58	-	4	7:26	4	7:26
4	-	20:09	-	5	0:37	5	0:37	-	2:36:07	-	4	8:03	4	8:03
Finish	-	11:52	-	5	0:54	5	0:54	20.10	2:47:59	-	4	8:36	4	8:36