



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Andris Gailis

□□: Auseklis IK

□□: 350

□□: 20.10 km

Sporta distance

□□□□:

V1-Sporta distance

□□□: 1:17:48

□□: 15.42 km/h

□□□□: 3.87 min/km

□□□□□/□□□□: 4 (of 157)

□□□□□/□: 4 (of 117)

□□□□□□: 1:13:37

□□□□□: 4(of 31)

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	8:35	-	4	0:21	5	0:21	-	8:35	-	4	0:21	5	0:21
2	-	12:49	-	4	0:40	5	0:40	-	21:24	-	4	0:59	4	0:59
3	-	3:03	-	4	0:11	5	0:11	-	24:27	-	4	1:10	5	1:10
4	-	9:00	-	4	0:22	4	0:22	-	33:27	-	4	1:30	4	1:30
5	-	5:03	-	4	0:14	4	0:14	-	38:30	-	4	1:44	4	1:44
1	-	8:29	-	4	0:39	5	0:39	-	46:59	-	4	2:23	4	2:23
2	-	13:29	-	4	1:09	5	1:09	-	1:00:28	-	4	3:32	5	3:32
3	-	3:09	-	5	0:13	6	0:13	-	1:03:37	-	4	3:45	5	3:45
4	-	9:08	-	4	0:30	4	0:30	-	1:12:45	-	4	4:15	5	4:15
Finish	-	5:03	-	2	0:02	2	0:02	20.10	1:17:48	-	4	4:11	4	4:11