



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Didzis Glušņevs

□□: VSK Noskrien Rieksti

□□: 351

□□: 20.10 km

Sporta distance

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V1-Sporta distance

□□□: 1:24:45

□□: 14.23 km/h

□□□□: 4.22 min/km

□□□□□/□□□: 12 (of 157)

□□□□□/□: 12 (of 117)

□□□□□□: 1:13:37

□□□□□: 6(of 31)

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	8:53	-	6	0:39	9	0:39	-	8:53	-	6	0:39	9	0:39
2	-	14:07	-	7	1:58	12	1:58	-	23:00	-	6	2:35	10	2:35
3	-	3:18	-	7	0:26	11	0:26	-	26:18	-	6	3:01	10	3:01
4	-	9:31	-	6	0:53	8	0:53	-	35:49	-	6	3:52	9	3:52
5	-	5:30	-	6	0:41	11	0:41	-	41:19	-	6	4:33	11	4:33
1	-	9:14	-	6	1:24	12	1:24	-	50:33	-	6	5:57	11	5:57
2	-	14:53	-	8	2:33	16	2:33	-	1:05:26	-	6	8:30	11	8:30
3	-	3:23	-	7	0:27	15	0:27	-	1:08:49	-	6	8:57	11	8:57
4	-	10:08	-	8	1:30	16	1:30	-	1:18:57	-	6	10:27	11	10:27
Finish	-	5:48	-	8	0:47	16	0:47	20.10	1:24:45	-	6	11:08	12	11:08