



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Āris Lazdiņš

□□: SK Zeltiņi

□□: 358

□□: 20.10 km

Sporta distance

□□□□:

V1-Sporta distance

□□□: 1:33:07

□□: 12.89 km/h

□□□□: 4.63 min/km

□□□□□/□□□: 25 (of 157)

□□□□□/□: 25 (of 117)

□□□□□□: 1:13:37

□□□□□: 12(of 31)

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	10:55	-	15	2:41	37	2:41	-	10:55	-	15	2:41	37	2:41
2	-	15:26	-	12	3:17	27	3:17	-	26:21	-	14	5:56	33	5:56
3	-	3:38	-	10	0:46	24	0:46	-	29:59	-	13	6:42	32	6:42
4	-	10:45	-	12	2:07	21	2:07	-	40:44	-	12	8:47	28	8:47
5	-	6:14	-	12	1:25	28	1:25	-	46:58	-	12	10:12	29	10:12
1	-	10:47	-	14	2:57	36	2:57	-	57:45	-	12	13:09	30	13:09
2	-	15:39	-	12	3:19	23	3:19	-	1:13:24	-	12	16:28	28	16:28
3	-	3:32	-	10	0:36	18	0:36	-	1:16:56	-	12	17:04	28	17:04
4	-	10:25	-	10	1:47	18	1:47	-	1:27:21	-	12	18:51	24	18:51
Finish	-	5:46	-	7	0:45	15	0:45	20.10	1:33:07	-	12	19:30	25	19:30