



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Toms Biders

□□: Legs Miserables

□□: 344

□□: 20.10 km

Sporta distance

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V1-Sporta distance

□□□: 1:43:51

□□: 11.61 km/h

□□□□: 5.17 min/km

□□□□□/□□□: 57 (of 157)

□□□□□/□: 51 (of 117)

□□□□□□: 1:13:37

□□□□□: 16(of 31)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	11:53	-	19	3:39	55	3:39	-	11:53	-	19	3:39	55	3:39
2	-	17:10	-	19	5:01	54	5:01	-	29:03	-	19	8:38	56	8:38
3	-	4:31	-	22	1:39	74	1:39	-	33:34	-	19	10:17	56	10:17
4	-	11:50	-	17	3:12	45	3:12	-	45:24	-	19	13:27	56	13:27
5	-	6:40	-	18	1:51	49	1:51	-	52:04	-	19	15:18	54	15:18
1	-	11:07	-	15	3:17	44	3:17	-	1:03:11	-	18	18:35	52	18:35
2	-	17:37	-	17	5:17	52	5:17	-	1:20:48	-	17	23:52	54	23:52
3	-	4:12	-	18	1:16	58	1:16	-	1:25:00	-	17	25:08	54	25:08
4	-	12:05	-	17	3:27	48	3:27	-	1:37:05	-	16	28:35	51	28:35
Finish	-	6:46	-	17	1:45	52	1:45	20.10	1:43:51	-	16	30:14	51	30:14