



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Didzis Brauns

□□□: 1:46:24

□□: 345

□□: 11.33 km/h

□□□□: 5.29 min/km

□□: 20.10 km

□□□□□/□□□: 71 (of 157)

Sporta distance

□□□□□/□: 63 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 19(of 31)

V1-Sporta distance

□□□□□□□: 1:13:37

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| 1 | - | 11:57 | - | 20 | 3:43 | 56 | 3:43 | - | 11:57 | - | 20 | 3:43 | 56 | 3:43 |
| 2 | - | 17:24 | - | 20 | 5:15 | 59 | 5:15 | - | 29:21 | - | 20 | 8:56 | 58 | 8:56 |
| 3 | - | 4:28 | - | 21 | 1:36 | 69 | 1:36 | - | 33:49 | - | 20 | 10:32 | 61 | 10:32 |
| 4 | - | 12:40 | - | 22 | 4:02 | 69 | 4:02 | - | 46:29 | - | 20 | 14:32 | 64 | 14:32 |
| 5 | - | 7:02 | - | 21 | 2:13 | 63 | 2:13 | - | 53:31 | - | 20 | 16:45 | 64 | 16:45 |
| 1 | - | 11:46 | - | 18 | 3:56 | 62 | 3:56 | - | 1:05:17 | - | 20 | 20:41 | 64 | 20:41 |
| 2 | - | 18:06 | - | 20 | 5:46 | 67 | 5:46 | - | 1:23:23 | - | 20 | 26:27 | 64 | 26:27 |
| 3 | - | 4:24 | - | 20 | 1:28 | 71 | 1:28 | - | 1:27:47 | - | 20 | 27:55 | 65 | 27:55 |
| 4 | - | 11:58 | - | 14 | 3:20 | 43 | 3:20 | - | 1:39:45 | - | 20 | 31:15 | 65 | 31:15 |
| Finish | - | 6:39 | - | 16 | 1:38 | 50 | 1:38 | 20.10 | 1:46:24 | - | 19 | 32:47 | 63 | 32:47 |