



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Alberts Dambis

□□: INSALVO

□□: 347

□□: 20.10 km

Sporta distance

□□□□:

V1-Sporta distance

□□□: 1:46:55

□□: 11.22 km/h

□□□□: 5.32 min/km

□□□□□/□□□: 72 (of 157)

□□□□□/□: 64 (of 117)

□□□□□□: 1:13:37

□□□□□: 20(of 31)

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1	-	12:21	-	21	4:07	63	4:07	-	12:21	-	21	4:07	63	4:07
2	-	18:11	-	23	6:02	74	6:02	-	30:32	-	21	10:07	71	10:07
3	-	4:22	-	19	1:30	63	1:30	-	34:54	-	21	11:37	70	11:37
4	-	12:37	-	20	3:59	67	3:59	-	47:31	-	21	15:34	68	15:34
5	-	7:11	-	23	2:22	73	2:22	-	54:42	-	21	17:56	68	17:56
1	-	11:35	-	17	3:45	56	3:45	-	1:06:17	-	21	21:41	68	21:41
2	-	17:35	-	16	5:15	51	5:15	-	1:23:52	-	21	26:56	67	26:56
3	-	4:03	-	16	1:07	44	1:07	-	1:27:55	-	21	28:03	67	28:03
4	-	12:06	-	18	3:28	49	3:28	-	1:40:01	-	21	31:31	66	31:31
Finish	-	6:54	-	18	1:53	60	1:53	20.10	1:46:55	-	20	33:18	64	33:18