



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Mārtiņš Plaudis

□□: SK Dzērvene
□□: 363

□□: 20.10 km
Sporta distance

□□□□:
V1-Sporta distance

□□□: 1:46:59

□□: 11.22 km/h
□□□□: 5.32 min/km

□□□□□/□□□: 73 (of 157)

□□□□□/□: 65 (of 117)

□□□□□□: 1:13:37

□□□□□: 21(of 31)

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	10:06	-	12	1:52	27	1:52	-	10:06	-	12	1:52	27	1:52
2	-	15:57	-	13	3:48	34	3:48	-	26:03	-	12	5:38	30	5:38
3	-	3:52	-	14	1:00	35	1:00	-	29:55	-	11	6:38	29	6:38
4	-	11:50	-	17	3:12	45	3:12	-	41:45	-	14	9:48	32	9:48
5	-	6:36	-	17	1:47	41	1:47	-	48:21	-	14	11:35	33	11:35
1	-	11:51	-	19	4:01	63	4:01	-	1:00:12	-	14	15:36	35	15:36
2	-	19:30	-	24	7:10	84	7:10	-	1:19:42	-	16	22:46	47	22:46
3	-	4:43	-	26	1:47	87	1:47	-	1:24:25	-	16	24:33	52	24:33
4	-	14:22	-	26	5:44	91	5:44	-	1:38:47	-	19	30:17	60	30:17
Finish	-	8:12	-	27	3:11	94	3:11	20.10	1:46:59	-	21	33:22	65	33:22