



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Kristaps Caune

□□□: 1:47:12

□□: 346

□□: 11.25 km/h

□□□□: 5.33 min/km

□□: 20.10 km

□□□□□/□□□: 75 (of 157)

Sporta distance

□□□□□/□: 67 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 22(of 31)

V1-Sporta distance

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	13:24	-	23	5:10	80	5:10	-	13:24	-	23	5:10	80	5:10
2	-	17:40	-	21	5:31	68	5:31	-	31:04	-	22	10:39	75	10:39
3	-	4:35	-	23	1:43	78	1:43	-	35:39	-	22	12:22	75	12:22
4	-	12:38	-	21	4:00	68	4:00	-	48:17	-	22	16:20	72	16:20
5	-	6:58	-	20	2:09	60	2:09	-	55:15	-	22	18:29	70	18:29
1	-	11:27	-	16	3:37	51	3:37	-	1:06:42	-	22	22:06	70	22:06
2	-	17:39	-	18	5:19	54	5:19	-	1:24:21	-	22	27:25	68	27:25
3	-	4:11	-	17	1:15	54	1:15	-	1:28:32	-	22	28:40	68	28:40
4	-	12:15	-	20	3:37	58	3:37	-	1:40:47	-	22	32:17	67	32:17
Finish	-	6:25	-	14	1:24	39	1:24	20.10	1:47:12	-	22	33:35	67	33:35