



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Kristaps Šteinbergs

□□□: 1:55:17

□□: 368

□□: 10.41 km/h

□□□□: 5.74 min/km

□□: 20.10 km

□□□□□/□□□: 98 (of 157)

Sporta distance

□□□□□/□: 82 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 25(of 31)

V1-Sporta distance

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:07	-	30	6:53	106	6:53	-	15:07	-	30	6:53	106	6:53
2	-	19:30	-	27	7:21	93	7:21	-	34:37	-	30	14:12	101	14:12
3	-	4:56	-	29	2:04	103	2:04	-	39:33	-	30	16:16	101	16:16
4	-	13:25	-	24	4:47	82	4:47	-	52:58	-	28	21:01	96	21:01
5	-	7:24	-	27	2:35	81	2:35	-	1:00:22	-	28	23:36	93	23:36
1	-	11:51	-	19	4:01	63	4:01	-	1:12:13	-	25	27:37	86	27:37
2	-	18:40	-	23	6:20	77	6:20	-	1:30:53	-	25	33:57	82	33:57
3	-	4:27	-	22	1:31	74	1:31	-	1:35:20	-	25	35:28	82	35:28
4	-	12:58	-	24	4:20	74	4:20	-	1:48:18	-	25	39:48	83	39:48
Finish	-	6:59	-	21	1:58	65	1:58	20.10	1:55:17	-	25	41:40	82	41:40