



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Roberts Ziediņš

□□□: 2:00:46

□□: 370

□□: 9.99 km/h

□□□□: 6.01 min/km

□□: 20.10 km

□□□□□/□□□: 112 (of 157)

Sporta distance

□□□□□/□: 90 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 26(of 31)

V1-Sporta distance

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:58	-	28	6:44	103	6:44	-	14:58	-	28	6:44	103	6:44
2	-	19:38	-	29	7:29	96	7:29	-	34:36	-	29	14:11	100	14:11
3	-	4:50	-	27	1:58	96	1:58	-	39:26	-	28	16:09	99	16:09
4	-	13:31	-	26	4:53	85	4:53	-	52:57	-	26	21:00	94	21:00
5	-	7:23	-	25	2:34	78	2:34	-	1:00:20	-	26	23:34	90	23:34
1	-	14:42	-	28	6:52	103	6:52	-	1:15:02	-	27	30:26	92	30:26
2	-	19:47	-	26	7:27	87	7:27	-	1:34:49	-	26	37:53	91	37:53
3	-	4:43	-	26	1:47	87	1:47	-	1:39:32	-	26	39:40	91	39:40
4	-	13:57	-	25	5:19	86	5:19	-	1:53:29	-	26	44:59	90	44:59
Finish	-	7:17	-	24	2:16	76	2:16	20.10	2:00:46	-	26	47:09	90	47:09