



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Sergejsz Zubovs

□□□: 2:03:42

□□: 371

□□: 9.70 km/h

□□□□: 6.15 min/km

□□: 20.10 km

□□□□□/□□□: 119 (of 157)

Sporta distance

□□□□□/□: 95 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 27(of 31)

V1-Sporta distance

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:59	-	29	6:45	104	6:45	-	14:59	-	29	6:45	104	6:45
2	-	19:36	-	28	7:27	95	7:27	-	34:35	-	28	14:10	99	14:10
3	-	4:51	-	28	1:59	97	1:59	-	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	-	14:41	-	27	6:51	102	6:51	-	1:15:01	-	26	30:25	91	30:25
2	-	20:28	-	27	8:08	91	8:08	-	1:35:29	-	27	38:33	92	38:33
3	-	4:38	-	25	1:42	83	1:42	-	1:40:07	-	27	40:15	92	40:15
4	-	14:31	-	27	5:53	93	5:53	-	1:54:38	-	27	46:08	93	46:08
Finish	-	9:04	-	30	4:03	105	4:03	20.10	2:03:42	-	27	50:05	95	50:05