



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Jānis Ozols

□□□: 2:04:47

□□: 833

□□: 9.62 km/h

□□□□: 6.21 min/km

□□: 20.10 km

□□□□□/□□□: 120 (of 157)

Sporta distance

□□□□□/□: 96 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 28(of 31)

V1-Sporta distance

□□□□□□□: 1:13:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:49	-	27	6:35	100	6:35	-	14:49	-	27	6:35	100	6:35
2	-	19:24	-	26	7:15	90	7:15	-	34:13	-	27	13:48	96	13:48
3	-	4:47	-	26	1:55	89	1:55	-	39:00	-	27	15:43	97	15:43
4	-	14:11	-	29	5:33	97	5:33	-	53:11	-	29	21:14	97	21:14
5	-	7:55	-	30	3:06	94	3:06	-	1:01:06	-	29	24:20	96	24:20
1	-	14:13	-	26	6:23	93	6:23	-	1:15:19	-	28	30:43	94	30:43
2	-	22:03	-	29	9:43	103	9:43	-	1:37:22	-	28	40:26	97	40:26
3	-	5:06	-	28	2:10	101	2:10	-	1:42:28	-	28	42:36	97	42:36
4	-	14:32	-	28	5:54	94	5:54	-	1:57:00	-	28	48:30	97	48:30
Finish	-	7:47	-	26	2:46	90	2:46	20.10	2:04:47	-	28	51:10	96	51:10