



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Gusts Fokerots

□□□: 1:33:03

□□: 383

□□: 12.96 km/h

□□□□: 4.63 min/km

□□: 20.10 km

□□□□□/□□□: 24 (of 157)

Sporta distance

□□□□□/□: 24 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 13(of 55)

V2-Sporta distance

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	10:15	-	14	1:41	29	2:01	-	10:15	-	14	1:41	29	2:01
2	-	15:12	-	12	2:26	22	3:03	-	25:27	-	14	4:03	25	5:02
3	-	3:46	-	15	0:46	29	0:54	-	29:13	-	14	4:49	25	5:56
4	-	10:46	-	10	1:41	22	2:08	-	39:59	-	10	6:30	20	8:02
5	-	6:06	-	11	1:03	22	1:17	-	46:05	-	11	7:33	21	9:19
1	-	10:13	-	13	1:45	24	2:23	-	56:18	-	11	9:18	22	11:42
2	-	16:10	-	16	2:59	30	3:50	-	1:12:28	-	13	12:17	25	15:32
3	-	4:08	-	30	1:02	51	1:12	-	1:16:36	-	14	13:19	26	16:44
4	-	10:52	-	12	1:30	24	2:14	-	1:27:28	-	14	14:49	26	18:58
Finish	-	5:35	-	6	0:24	11	0:34	20.10	1:33:03	-	13	15:13	24	19:26