



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Kārlis Lapiņš

□□: Zelta Stars

□□: 396

□□: 20.10 km

Sporta distance

□□□□:

V2-Sporta distance

□□□: 1:37:07

□□: 12.36 km/h

□□□□: 4.83 min/km

□□□□□/□□□: 33 (of 157)

□□□□□/□: 30 (of 117)

□□□□□□: 1:13:37

□□□□□: 16(of 55)

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	11:18	-	25	2:44	47	3:04	-	11:18	-	25	2:44	47	3:04
2	-	17:30	-	34	4:44	62	5:21	-	28:48	-	30	7:24	52	8:23
3	-	4:03	-	22	1:03	44	1:11	-	32:51	-	30	8:27	53	9:34
4	-	11:51	-	26	2:46	48	3:13	-	44:42	-	28	11:13	51	12:45
5	-	6:29	-	20	1:26	37	1:40	-	51:11	-	25	12:39	47	14:25
1	-	10:21	-	16	1:53	29	2:31	-	1:01:32	-	25	14:32	45	16:56
2	-	15:37	-	11	2:26	22	3:17	-	1:17:09	-	19	16:58	34	20:13
3	-	3:41	-	12	0:35	24	0:45	-	1:20:50	-	19	17:33	34	20:58
4	-	10:29	-	10	1:07	22	1:51	-	1:31:19	-	19	18:40	34	22:49
Finish	-	5:48	-	9	0:37	16	0:47	20.10	1:37:07	-	16	19:17	30	23:30