



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Magnus Zalsters

□□: Coca-cola

□□: 424

□□: 20.10 km

Sporta distance

□□□□:

V2-Sporta distance

□□□: 1:37:17

□□: 12.34 km/h

□□□□: 4.84 min/km

□□□□□/□□□: 34 (of 157)

□□□□□/□: 31 (of 117)

□□□□□□: 1:13:37

□□□□□: 17(of 55)

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	11:45	-	27	3:11	51	3:31	-	11:45	-	56	3:11	118	3:31
2	-	15:37	-	18	2:51	32	3:28	-	27:22	-	20	5:58	38	6:57
3	-	3:57	-	20	0:57	38	1:05	-	31:19	-	56	6:55	118	8:02
4	-	11:19	-	16	2:14	29	2:41	-	42:38	-	55	9:09	117	10:41
5	-	6:06	-	11	1:03	22	1:17	-	48:44	-	55	10:12	116	11:58
1	-	10:21	-	16	1:53	29	2:31	-	59:05	-	56	12:05	117	14:29
2	-	16:17	-	19	3:06	33	3:57	-	1:15:22	-	56	15:11	117	18:26
3	-	3:56	-	19	0:50	35	1:00	-	1:19:18	-	56	16:01	117	19:26
4	-	11:40	-	22	2:18	37	3:02	-	1:30:58	-	56	18:19	117	22:28
Finish	-	6:19	-	18	1:08	34	1:18	20.10	1:37:17	-	17	19:27	31	23:40