



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

0000

**Helmutš Gustš**

00: Individuāli  
00: 386

00: 20.10 km  
Sporta distance

0000:  
V2-Sporta distance

000: 1:37:55

00: 12.32 km/h  
0000: 4.87 min/km

00000/000: 36 (of 157)

00000/0: 33 (of 117)

000000: 1:13:37

00000: 19(of 55)

0000000: 1:17:50

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| 000    | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|--------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1      | -        | 10:16    | -            | 15      | 1:42    | 30      | 2:02    | -         | 10:16     | -             | 15      | 1:42    | 30      | 2:02    |
| 2      | -        | 15:29    | -            | 15      | 2:43    | 29      | 3:20    | -         | 25:45     | -             | 16      | 4:21    | 28      | 5:20    |
| 3      | -        | 3:35     | -            | 13      | 0:35    | 22      | 0:43    | -         | 29:20     | -             | 16      | 4:56    | 28      | 6:03    |
| 4      | -        | 10:51    | -            | 13      | 1:46    | 26      | 2:13    | -         | 40:11     | -             | 13      | 6:42    | 24      | 8:14    |
| 5      | -        | 6:26     | -            | 19      | 1:23    | 36      | 1:37    | -         | 46:37     | -             | 14      | 8:05    | 25      | 9:51    |
| 1      | -        | 10:37    | -            | 19      | 2:09    | 33      | 2:47    | -         | 57:14     | -             | 16      | 10:14   | 28      | 12:38   |
| 2      | -        | 17:11    | -            | 26      | 4:00    | 44      | 4:51    | -         | 1:14:25   | -             | 16      | 14:14   | 30      | 17:29   |
| 3      | -        | 3:57     | -            | 22      | 0:51    | 38      | 1:01    | -         | 1:18:22   | -             | 16      | 15:05   | 30      | 18:30   |
| 4      | -        | 12:14    | -            | 31      | 2:52    | 57      | 3:36    | -         | 1:30:36   | -             | 16      | 17:57   | 30      | 22:06   |
| Finish | -        | 7:19     | -            | 39      | 2:08    | 77      | 2:18    | 20.10     | 1:37:55   | -             | 19      | 20:05   | 33      | 24:18   |