



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Rihards Siņičins

□□□: 1:40:05

□□: 412

□□: 11.99 km/h

□□□□: 4.98 min/km

□□: 20.10 km

□□□□□/□□□: 44 (of 157)

Sporta distance

□□□□□/□: 39 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 23(of 55)

V2-Sporta distance

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	11:49	-	28	3:15	53	3:35	-	11:49	-	28	3:15	53	3:35	
2	-	16:14	-	20	3:28	37	4:05	-	28:03	-	24	6:39	45	7:38	
3	-	3:57	-	20	0:57	38	1:05	-	32:00	-	24	7:36	45	8:43	
4	-	11:34	-	18	2:29	34	2:56	-	43:34	-	22	10:05	41	11:37	
5	-	6:21	-	17	1:18	32	1:32	-	49:55	-	22	11:23	41	13:09	
1	-	10:47	-	20	2:19	36	2:57	-	1:00:42	-	22	13:42	39	16:06	
2	-	16:44	-	22	3:33	38	4:24	-	1:17:26	-	21	17:15	37	20:30	
3	-	4:01	-	24	0:55	42	1:05	-	1:21:27	-	21	18:10	37	21:35	
4	-	11:50	-	24	2:28	39	3:12	-	1:33:17	-	22	20:38	39	24:47	
Finish	-	6:48	-	31	1:37	56	1:47	20.10	1:40:05	-	23	22:15	39	26:28	