



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Māris Ādamsons

□□□: 1:42:23

□□: 373

□□: 11.78 km/h

□□□□: 5.09 min/km

□□: 20.10 km

□□□□□/□□□: 53 (of 157)

Sporta distance

□□□□□/□: 47 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 28(of 55)

V2-Sporta distance

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	11:07	-	22	2:33	40	2:53	-	11:07	-	22	2:33	40	2:53
2	-	16:36	-	22	3:50	42	4:27	-	27:43	-	22	6:19	40	7:18
3	-	4:05	-	24	1:05	46	1:13	-	31:48	-	23	7:24	41	8:31
4	-	11:48	-	24	2:43	43	3:10	-	43:36	-	23	10:07	42	11:39
5	-	6:36	-	22	1:33	41	1:47	-	50:12	-	23	11:40	42	13:26
1	-	11:09	-	25	2:41	45	3:19	-	1:01:21	-	24	14:21	42	16:45
2	-	17:34	-	30	4:23	50	5:14	-	1:18:55	-	27	18:44	45	21:59
3	-	4:14	-	34	1:08	61	1:18	-	1:23:09	-	27	19:52	45	23:17
4	-	12:17	-	33	2:55	60	3:39	-	1:35:26	-	28	22:47	47	26:56
Finish	-	6:57	-	34	1:46	63	1:56	20.10	1:42:23	-	28	24:33	47	28:46