



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Igors Senko

□□: VSK Noskrien Liepāja

□□: 408

□□: 20.10 km

Sporta distance

□□□□:

V2-Sporta distance

□□□: 1:51:31

□□: 10.81 km/h

□□□□: 5.55 min/km

□□□□□/□□□: 86 (of 157)

□□□□□/□: 75 (of 117)

□□□□□□: 1:13:37

□□□□□: 37(of 55)

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:05	-	42	5:31	86	5:51	-	14:05	-	42	5:31	86	5:51
2	-	17:23	-	31	4:37	58	5:14	-	31:28	-	37	10:04	76	11:03
3	-	4:31	-	40	1:31	74	1:39	-	35:59	-	37	11:35	77	12:42
4	-	12:40	-	35	3:35	69	4:02	-	48:39	-	36	15:10	75	16:42
5	-	7:05	-	33	2:02	65	2:16	-	55:44	-	36	17:12	74	18:58
1	-	11:53	-	34	3:25	65	4:03	-	1:07:37	-	36	20:37	72	23:01
2	-	17:46	-	31	4:35	55	5:26	-	1:25:23	-	36	25:12	72	28:27
3	-	4:35	-	42	1:29	81	1:39	-	1:29:58	-	36	26:41	71	30:06
4	-	13:31	-	42	4:09	82	4:53	-	1:43:29	-	37	30:50	75	34:59
Finish	-	8:02	-	47	2:51	92	3:01	20.10	1:51:31	-	37	33:41	75	37:54