



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Māris Lūsis

□□: Skrienošie Lūši
□□: 399

□□: 20.10 km
Sporta distance

□□□□:
V2-Sporta distance

□□□: 1:52:19

□□: 10.68 km/h
□□□□: 5.59 min/km

□□□□□/□□□: 87 (of 157)

□□□□□/□: 76 (of 117)

□□□□□□: 1:13:37

□□□□□: 38(of 55)

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	13:22	-	38	4:48	78	5:08	-	13:22	-	38	4:48	78	5:08
2	-	18:58	-	41	6:12	84	6:49	-	32:20	-	41	10:56	81	11:55
3	-	4:28	-	37	1:28	69	1:36	-	36:48	-	41	12:24	81	13:31
4	-	12:54	-	37	3:49	76	4:16	-	49:42	-	40	16:13	79	17:45
5	-	7:27	-	41	2:24	84	2:38	-	57:09	-	40	18:37	80	20:23
1	-	12:41	-	40	4:13	79	4:51	-	1:09:50	-	41	22:50	80	25:14
2	-	18:50	-	40	5:39	78	6:30	-	1:28:40	-	40	28:29	78	31:44
3	-	4:19	-	36	1:13	66	1:23	-	1:32:59	-	40	29:42	78	33:07
4	-	12:31	-	36	3:09	68	3:53	-	1:45:30	-	38	32:51	76	37:00
Finish	-	6:49	-	32	1:38	57	1:48	20.10	1:52:19	-	38	34:29	76	38:42