



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Krišjānis Pormanis

□□□: 1:54:06

□□: Nav

□□: 10.52 km/h

□□: 405

□□□□: 5.68 min/km

□□: 20.10 km

□□□□□/□□□: 94 (of 157)

Sporta distance

□□□□□/□: 79 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 41(of 55)

V2-Sporta distance

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1	-	13:21	-	37	4:47	77	5:07	-	13:21	-	37	4:47	77	5:07
2	-	18:25	-	40	5:39	79	6:16	-	31:46	-	38	10:22	78	11:21
3	-	4:29	-	38	1:29	71	1:37	-	36:15	-	39	11:51	79	12:58
4	-	13:22	-	41	4:17	81	4:44	-	49:37	-	39	16:08	78	17:40
5	-	7:26	-	40	2:23	83	2:37	-	57:03	-	39	18:31	79	20:17
1	-	12:42	-	41	4:14	81	4:52	-	1:09:45	-	40	22:45	79	25:09
2	-	18:50	-	40	5:39	78	6:30	-	1:28:35	-	39	28:24	77	31:39
3	-	4:22	-	38	1:16	69	1:26	-	1:32:57	-	39	29:40	77	33:05
4	-	13:41	-	43	4:19	83	5:03	-	1:46:38	-	40	33:59	78	38:08
Finish	-	7:28	-	41	2:17	80	2:27	20.10	1:54:06	-	41	36:16	79	40:29