



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Jānis Griķis

□□: Daugavpils Runners

□□: 384

□□: 20.10 km

Sporta distance

□□□□:

V2-Sporta distance

□□□: 1:54:54

□□: 10.50 km/h

□□□□: 5.72 min/km

□□□□□/□□□: 96 (of 157)

□□□□□/□: 80 (of 117)

□□□□□□: 1:13:37

□□□□□: 42(of 55)

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1	-	14:21	-	46	5:47	91	6:07	-	14:21	-	46	5:47	91	6:07
2	-	19:00	-	43	6:14	86	6:51	-	33:21	-	43	11:57	88	12:56
3	-	4:48	-	45	1:48	92	1:56	-	38:09	-	43	13:45	88	14:52
4	-	13:45	-	44	4:40	88	5:07	-	51:54	-	41	18:25	83	19:57
5	-	7:12	-	36	2:09	75	2:23	-	59:06	-	41	20:34	82	22:20
1	-	12:58	-	44	4:30	84	5:08	-	1:12:04	-	42	25:04	82	27:28
2	-	18:14	-	36	5:03	69	5:54	-	1:30:18	-	42	30:07	80	33:22
3	-	4:27	-	40	1:21	74	1:31	-	1:34:45	-	42	31:28	80	34:53
4	-	12:58	-	37	3:36	74	4:20	-	1:47:43	-	42	35:04	80	39:13
Finish	-	7:11	-	38	2:00	74	2:10	20.10	1:54:54	-	42	37:04	80	41:17