



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Kaspars Laizāns

□□: Čika un banijs

□□: 839

□□: 20.10 km

Sporta distance

□□□□:

V2-Sporta distance

□□□: 2:03:06

□□: 9.75 km/h

□□□□: 6.12 min/km

□□□□□/□□□: 116 (of 157)

□□□□□/□: 93 (of 117)

□□□□□□: 1:13:37

□□□□□: 48(of 55)

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	14:10	-	43	5:36	87	5:56	-	14:10	-	43	5:36	87	5:56
2	-	20:35	-	51	7:49	105	8:26	-	34:45	-	49	13:21	102	14:20
3	-	4:51	-	49	1:51	97	1:59	-	39:36	-	49	15:12	102	16:19
4	-	13:58	-	46	4:53	93	5:20	-	53:34	-	48	20:05	100	21:37
5	-	8:25	-	50	3:22	109	3:36	-	1:01:59	-	48	23:27	99	25:13
1	-	13:53	-	48	5:25	90	6:03	-	1:15:52	-	48	28:52	97	31:16
2	-	20:27	-	47	7:16	90	8:07	-	1:36:19	-	48	36:08	95	39:23
3	-	4:52	-	47	1:46	91	1:56	-	1:41:11	-	48	37:54	95	41:19
4	-	14:13	-	46	4:51	88	5:35	-	1:55:24	-	48	42:45	95	46:54
Finish	-	7:42	-	44	2:31	86	2:41	20.10	2:03:06	-	48	45:16	93	49:29