



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Mārtiņš Malzubris

□□□: 2:06:11

□□: Strutainā pēda

□□: 9.51 km/h

□□: 401

□□□□: 6.28 min/km

□□: 20.10 km

□□□□□/□□□: 123 (of 157)

Sporta distance

□□□□□/□: 99 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 49(of 55)

V2-Sporta distance

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:41	-	53	7:07	113	7:27	-	15:41	-	53	7:07	113	7:27
2	-	21:00	-	52	8:14	113	8:51	-	36:41	-	53	15:17	113	16:16
3	-	4:57	-	52	1:57	104	2:05	-	41:38	-	53	17:14	113	18:21
4	-	14:20	-	50	5:15	99	5:42	-	55:58	-	52	22:29	112	24:01
5	-	7:56	-	46	2:53	95	3:07	-	1:03:54	-	51	25:22	105	27:08
1	-	14:08	-	49	5:40	92	6:18	-	1:18:02	-	52	31:02	106	33:26
2	-	20:43	-	48	7:32	93	8:23	-	1:38:45	-	51	38:34	103	41:49
3	-	4:48	-	45	1:42	89	1:52	-	1:43:33	-	50	40:16	100	43:41
4	-	14:19	-	47	4:57	89	5:41	-	1:57:52	-	49	45:13	99	49:22
Finish	-	8:19	-	48	3:08	96	3:18	20.10	2:06:11	-	49	48:21	99	52:34