



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Mārcis Jēgers

□□□: 2:07:04

□□: 389

□□: 9.44 km/h

□□□□: 6.32 min/km

□□: 20.10 km

□□□□□/□□□: 125 (of 157)

Sporta distance

□□□□□/□: 100 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 50(of 55)

V2-Sporta distance

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:00	-	50	6:26	105	6:46	-	15:00	-	50	6:26	105	6:46
2	-	20:17	-	49	7:31	103	8:08	-	35:17	-	50	13:53	104	14:52
3	-	4:44	-	43	1:44	85	1:52	-	40:01	-	50	15:37	103	16:44
4	-	14:12	-	49	5:07	98	5:34	-	54:13	-	49	20:44	101	22:16
5	-	8:58	-	53	3:55	113	4:09	-	1:03:11	-	50	24:39	104	26:25
1	-	13:36	-	47	5:08	88	5:46	-	1:16:47	-	51	29:47	101	32:11
2	-	21:44	-	50	8:33	102	9:24	-	1:38:31	-	50	38:20	101	41:35
3	-	4:56	-	48	1:50	94	2:00	-	1:43:27	-	49	40:10	99	43:35
4	-	14:58	-	49	5:36	97	6:20	-	1:58:25	-	50	45:46	100	49:55
Finish	-	8:39	-	49	3:28	103	3:38	20.10	2:07:04	-	50	49:14	100	53:27