



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Intars Ulmanis

□□: VSK Noskrien

□□: 420

□□: 20.10 km

Sporta distance

□□□□:

V2-Sporta distance

□□□: 2:23:57

□□: 8.38 km/h

□□□□: 7.16 min/km

□□□□□/□□□: 146 (of 157)

□□□□□/□: 111 (of 117)

□□□□□□: 1:13:37

□□□□□: 52(of 55)

□□□□□□□: 1:17:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:26	-	47	5:52	92	6:12	-	14:26	-	47	5:52	92	6:12
2	-	19:10	-	45	6:24	89	7:01	-	33:36	-	45	12:12	91	13:11
3	-	4:49	-	47	1:49	94	1:57	-	38:25	-	45	14:01	92	15:08
4	-	14:04	-	47	4:59	94	5:26	-	52:29	-	44	19:00	88	20:32
5	-	7:52	-	45	2:49	93	3:03	-	1:00:21	-	46	21:49	92	23:35
1	-	15:16	-	52	6:48	108	7:26	-	1:15:37	-	47	28:37	95	31:01
2	-	22:35	-	51	9:24	109	10:15	-	1:38:12	-	49	38:01	99	41:16
3	-	5:57	-	53	2:51	112	3:01	-	1:44:09	-	51	40:52	103	44:17
4	-	25:00	-	53	15:38	112	16:22	-	2:09:09	-	51	56:30	107	1:00:39
Finish	-	14:48	-	55	9:37	116	9:47	20.10	2:23:57	-	52	1:06:07	111	1:10:20