



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Intars Ulmanis

□□: VSK Noskrien

□□: 420

□□: 20.10 km

Sporta distance

□□□□:

V2-Sporta distance

□□□: 2:23:57

□□: 8.34 km/h

□□□□: 7.16 min/km

□□□□□/□□□: 146 (of 157)

□□□□□/□: 111 (of 117)

□□□□□□: 1:13:37

□□□□□: 52(of 55)

□□□□□□□: 1:17:50

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ 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 | |