



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Einārs Šillers

□□□: 1:33:38

□□: MRC/Maratona klubs/OKZK

□□: 12.88 km/h

□□: 452

□□□□: 4.66 min/km

□□: 20.10 km

□□□□□/□□□: 26 (of 157)

Sporta distance

□□□□□/□: 26 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 1(of 31)

V3-Sporta distance

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	10:02	-	2	0:11	25	1:48	-	10:02	-	2	0:11	25	1:48
2	-	15:27	-	2	0:14	28	3:18	-	25:29	-	2	0:25	26	5:04
3	-	3:45	-	2	0:05	28	0:53	-	29:14	-	2	0:30	26	5:57
4	-	10:46	-	1	-	22	2:08	-	40:00	-	1	-	21	8:03
5	-	6:10	-	1	-	24	1:21	-	46:10	-	1	-	22	9:24
1	-	10:19	-	1	-	27	2:29	-	56:29	-	1	-	24	11:53
2	-	15:57	-	1	-	26	3:37	-	1:12:26	-	1	-	24	15:30
3	-	3:50	-	3	0:08	32	0:54	-	1:16:16	-	1	-	25	16:24
4	-	11:16	-	3	0:10	31	2:38	-	1:27:32	-	1	-	27	19:02
Finish	-	6:06	-	2	0:01	26	1:05	20.10	1:33:38	-	1	-	26	20:01