



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

□□□□

Aivars Bondars

□□□: 1:34:39

□□: 811

□□: 12.74 km/h

□□□□: 4.71 min/km

□□: 20.10 km

□□□□□/□□□: 30 (of 157)

Sporta distance

□□□□□/□: 29 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 2(of 31)

V3-Sporta distance

□□□□□□□: 1:33:38

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□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |    |       |
|--------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|---------|---------|---------|---------|----|-------|
| 1      | -        | 9:51            | -       | 1       | -       | 22      | 1:37      | -                | 9:51    | -       | 1       | -       | 22 | 1:37  |
| 2      | -        | 15:13           | -       | 1       | -       | 23      | 3:04      | -                | 25:04   | -       | 1       | -       | 22 | 4:39  |
| 3      | -        | 3:40            | -       | 1       | -       | 25      | 0:48      | -                | 28:44   | -       | 1       | -       | 22 | 5:27  |
| 4      | -        | 12:09           | -       | 7       | 1:23    | 56      | 3:31      | -                | 40:53   | -       | 2       | 0:53    | 29 | 8:56  |
| 5      | -        | 6:16            | -       | 2       | 0:06    | 29      | 1:27      | -                | 47:09   | -       | 2       | 0:59    | 30 | 10:23 |
| 1      | -        | 10:24           | -       | 2       | 0:05    | 31      | 2:34      | -                | 57:33   | -       | 2       | 1:04    | 29 | 12:57 |
| 2      | -        | 16:01           | -       | 2       | 0:04    | 27      | 3:41      | -                | 1:13:34 | -       | 2       | 1:08    | 29 | 16:38 |
| 3      | -        | 3:47            | -       | 2       | 0:05    | 29      | 0:51      | -                | 1:17:21 | -       | 2       | 1:05    | 29 | 17:29 |
| 4      | -        | 11:13           | -       | 2       | 0:07    | 29      | 2:35      | -                | 1:28:34 | -       | 2       | 1:02    | 29 | 20:04 |
| Finish | -        | 6:05            | -       | 1       | -       | 25      | 1:04      | 20.10            | 1:34:39 | -       | 2       | 1:01    | 29 | 21:02 |