



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

□□□□

Edgars Goba

□□: Salaspils Zīriņi

□□: 436

□□: 20.10 km

Sporta distance

□□□□:

V3-Sporta distance

□□□: 1:42:26

□□: 11.77 km/h

□□□□: 5.10 min/km

□□□□□/□□□□: 54 (of 157)

□□□□□/□: 48 (of 117)

□□□□□□: 1:13:37

□□□□□: 5(of 31)

□□□□□□□: 1:33:38

□□□□

□□□□

□□□

| □□□    | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□<br>km | □□□<br>□□ min/km | □□□<br>- | □□<br>- | □□<br>□ | □□<br>□ |    |       |
|--------|----------|-----------------|---------|---------|---------|---------|-----------|------------------|----------|---------|---------|---------|----|-------|
| 1      | -        | 13:35           | -       | 19      | 3:44    | 82      | 5:21      | -                | 13:35    | -       | 19      | 3:44    | 82 | 5:21  |
| 2      | -        | 16:54           | -       | 7       | 1:41    | 50      | 4:45      | -                | 30:29    | -       | 14      | 5:25    | 68 | 10:04 |
| 3      | -        | 4:07            | -       | 7       | 0:27    | 50      | 1:15      | -                | 34:36    | -       | 13      | 5:52    | 67 | 11:19 |
| 4      | -        | 11:38           | -       | 3       | 0:52    | 37      | 3:00      | -                | 46:14    | -       | 10      | 6:14    | 61 | 14:17 |
| 5      | -        | 6:23            | -       | 3       | 0:13    | 33      | 1:34      | -                | 52:37    | -       | 8       | 6:27    | 58 | 15:51 |
| 1      | -        | 10:50           | -       | 4       | 0:31    | 38      | 3:00      | -                | 1:03:27  | -       | 6       | 6:58    | 56 | 18:51 |
| 2      | -        | 16:41           | -       | 4       | 0:44    | 37      | 4:21      | -                | 1:20:08  | -       | 5       | 7:42    | 51 | 23:12 |
| 3      | -        | 4:09            | -       | 6       | 0:27    | 52      | 1:13      | -                | 1:24:17  | -       | 5       | 8:01    | 50 | 24:25 |
| 4      | -        | 11:55           | -       | 4       | 0:49    | 40      | 3:17      | -                | 1:36:12  | -       | 5       | 8:40    | 49 | 27:42 |
| Finish | -        | 6:14            | -       | 4       | 0:09    | 29      | 1:13      | 20.10            | 1:42:26  | -       | 5       | 8:48    | 48 | 28:49 |