



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

0000

Arnis Mūrnieks

000: 1:45:27

00: 447

00: 11.38 km/h

0000: 5.25 min/km

00: 20.10 km

00000/000: 65 (of 157)

Sporta distance

00000/0: 58 (of 117)

000000: 1:13:37

0000:

00000: 8(of 31)

V3-Sporta distance

0000000: 1:33:38

0000

0000

000

| 000    | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|--------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| 1      | -        | 12:16    | -            | 11      | 2:25    | 62      | 4:02    | -         | 12:16     | -             | 11      | 2:25    | 62      | 4:02    |
| 2      | -        | 16:35    | -            | 3       | 1:22    | 41      | 4:26    | -         | 28:51     | -             | 7       | 3:47    | 55      | 8:26    |
| 3      | -        | 4:35     | -            | 15      | 0:55    | 78      | 1:43    | -         | 33:26     | -             | 7       | 4:42    | 55      | 10:09   |
| 4      | -        | 11:57    | -            | 5       | 1:11    | 52      | 3:19    | -         | 45:23     | -             | 7       | 5:23    | 55      | 13:26   |
| 5      | -        | 6:52     | -            | 8       | 0:42    | 57      | 2:03    | -         | 52:15     | -             | 6       | 6:05    | 56      | 15:29   |
| 1      | -        | 11:26    | -            | 6       | 1:07    | 50      | 3:36    | -         | 1:03:41   | -             | 7       | 7:12    | 58      | 19:05   |
| 2      | -        | 17:55    | -            | 10      | 1:58    | 61      | 5:35    | -         | 1:21:36   | -             | 7       | 9:10    | 58      | 24:40   |
| 3      | -        | 4:17     | -            | 12      | 0:35    | 65      | 1:21    | -         | 1:25:53   | -             | 7       | 9:37    | 58      | 26:01   |
| 4      | -        | 12:25    | -            | 9       | 1:19    | 63      | 3:47    | -         | 1:38:18   | -             | 7       | 10:46   | 57      | 29:48   |
| Finish | -        | 7:09     | -            | 14      | 1:04    | 73      | 2:08    | 20.10     | 1:45:27   | -             | 8       | 11:49   | 58      | 31:50   |