



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Arvīds Ozoliņš

□□□: 1:45:57

□□: 448

□□: 11.33 km/h

□□□□: 5.27 min/km

□□: 20.10 km

□□□□□/□□□: 68 (of 157)

Sporta distance

□□□□□/□: 61 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 10(of 31)

V3-Sporta distance

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
1	-	12:28	-	15	2:37	68	4:14	-	12:28	-	15	2:37	68	4:14
2	-	17:17	-	8	2:04	56	5:08	-	29:45	-	10	4:41	63	9:20
3	-	4:29	-	13	0:49	71	1:37	-	34:14	-	10	5:30	63	10:57
4	-	12:14	-	9	1:28	59	3:36	-	46:28	-	11	6:28	63	14:31
5	-	6:43	-	6	0:33	52	1:54	-	53:11	-	11	7:01	63	16:25
1	-	11:29	-	7	1:10	52	3:39	-	1:04:40	-	10	8:11	63	20:04
2	-	17:53	-	9	1:56	59	5:33	-	1:22:33	-	10	10:07	63	25:37
3	-	4:11	-	7	0:29	54	1:15	-	1:26:44	-	10	10:28	63	26:52
4	-	12:19	-	8	1:13	61	3:41	-	1:39:03	-	9	11:31	62	30:33
Finish	-	6:54	-	10	0:49	60	1:53	20.10	1:45:57	-	10	12:19	61	32:20