



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Arnis Ābelīte

□□: Virsotne/Marmot

□□: 428

□□: 20.10 km

Sporta distance

□□□□:

V3-Sporta distance

□□□: 1:46:18

□□: 11.29 km/h

□□□□: 5.29 min/km

□□□□□/□□□: 70 (of 157)

□□□□□/□: 62 (of 117)

□□□□□□: 1:13:37

□□□□□: 11(of 31)

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
1	-	12:14	-	10	2:23	61	4:00	-	12:14	-	10	2:23	61	4:00
2	-	17:51	-	12	2:38	69	5:42	-	30:05	-	12	5:01	66	9:40
3	-	4:27	-	11	0:47	67	1:35	-	34:32	-	12	5:48	66	11:15
4	-	12:36	-	13	1:50	66	3:58	-	47:08	-	13	7:08	67	15:11
5	-	7:02	-	11	0:52	63	2:13	-	54:10	-	12	8:00	66	17:24
1	-	11:38	-	9	1:19	58	3:48	-	1:05:48	-	12	9:19	67	21:12
2	-	17:50	-	7	1:53	57	5:30	-	1:23:38	-	11	11:12	65	26:42
3	-	4:07	-	4	0:25	49	1:11	-	1:27:45	-	11	11:29	64	27:53
4	-	11:55	-	4	0:49	40	3:17	-	1:39:40	-	11	12:08	64	31:10
Finish	-	6:38	-	6	0:33	49	1:37	20.10	1:46:18	-	11	12:40	62	32:41