



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

0000

Arnis Grasis

00: Auseklis IK

00: 437

00: 20.10 km

Sporta distance

0000:

V3-Sporta distance

000: 1:50:14

00: 10.94 km/h

0000: 5.48 min/km

00000/0000: 82 (of 157)

00000/0: 72 (of 117)

000000: 1:13:37

00000: 14(of 31)

0000000: 1:33:38

0000

0000

000

000	00 km	00 00 min/km	00 -	00 -	00 0	00 0	000 km	000 00 min/km	00 -	00 -	00 0	00 0		
1	-	11:47	-	7	1:56	52	3:33	-	11:47	-	7	1:56	52	3:33
2	-	17:35	-	10	2:22	65	5:26	-	29:22	-	8	4:18	59	8:57
3	-	4:14	-	8	0:34	57	1:22	-	33:36	-	8	4:52	58	10:19
4	-	12:25	-	11	1:39	64	3:47	-	46:01	-	8	6:01	58	14:04
5	-	7:08	-	14	0:58	69	2:19	-	53:09	-	10	6:59	62	16:23
1	-	12:20	-	14	2:01	74	4:30	-	1:05:29	-	11	9:00	65	20:53
2	-	19:19	-	16	3:22	81	6:59	-	1:24:48	-	13	12:22	70	27:52
3	-	4:32	-	15	0:50	80	1:36	-	1:29:20	-	13	13:04	70	29:28
4	-	13:26	-	15	2:20	80	4:48	-	1:42:46	-	13	15:14	70	34:16
Finish	-	7:28	-	16	1:23	80	2:27	20.10	1:50:14	-	14	16:36	72	36:37