



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Deniss Cimbals

□□: Zoorbagan

□□: 432

□□: 20.10 km

Sporta distance

□□□□:

V3-Sporta distance

□□□: 1:55:41

□□: 10.37 km/h

□□□□: 5.76 min/km

□□□□□/□□□: 100 (of 157)

□□□□□/□: 83 (of 117)

□□□□□□: 1:13:37

□□□□□: 16(of 31)

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:50	-	25	4:59	101	6:36	-	14:50	-	25	4:59	101	6:36
2	-	19:25	-	20	4:12	91	7:16	-	34:15	-	23	9:11	97	13:50
3	-	4:43	-	18	1:03	83	1:51	-	38:58	-	23	10:14	96	15:41
4	-	13:46	-	18	3:00	89	5:08	-	52:44	-	21	12:44	92	20:47
5	-	7:34	-	18	1:24	86	2:45	-	1:00:18	-	19	14:08	89	23:32
1	-	12:28	-	15	2:09	76	4:38	-	1:12:46	-	19	16:17	89	28:10
2	-	18:30	-	15	2:33	74	6:10	-	1:31:16	-	16	18:50	85	34:20
3	-	4:27	-	14	0:45	74	1:31	-	1:35:43	-	16	19:27	85	35:51
4	-	12:54	-	14	1:48	73	4:16	-	1:48:37	-	16	21:05	85	40:07
Finish	-	7:04	-	12	0:59	69	2:03	20.10	1:55:41	-	16	22:03	83	42:04