



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Dainis Kronbergs

□□: Tukums

□□: 441

□□: 20.10 km

Sporta distance

□□□□:

V3-Sporta distance

□□□: 1:58:46

□□: 10.10 km/h

□□□□: 5.91 min/km

□□□□□/□□□: 107 (of 157)

□□□□□/□: 87 (of 117)

□□□□□□: 1:13:37

□□□□□: 18(of 31)

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	
1	-	12:33	-	16	2:42	70	4:19	-	12:33	-	16	2:42	70	4:19
2	-	18:29	-	17	3:16	80	6:20	-	31:02	-	17	5:58	74	10:37
3	-	4:33	-	14	0:53	77	1:41	-	35:35	-	17	6:51	74	12:18
4	-	13:03	-	17	2:17	77	4:25	-	48:38	-	16	8:38	74	16:41
5	-	7:23	-	16	1:13	78	2:34	-	56:01	-	16	9:51	75	19:15
1	-	14:37	-	25	4:18	100	6:47	-	1:10:38	-	17	14:09	81	26:02
2	-	20:40	-	18	4:43	92	8:20	-	1:31:18	-	17	18:52	86	34:22
3	-	4:55	-	18	1:13	92	1:59	-	1:36:13	-	17	19:57	86	36:21
4	-	14:56	-	20	3:50	96	6:18	-	1:51:09	-	18	23:37	87	42:39
Finish	-	7:37	-	17	1:32	84	2:36	20.10	1:58:46	-	18	25:08	87	45:09