



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Normunds Blumbergs

□□□: 2:01:57

□□: 430

□□: 9.89 km/h

□□□□: 6.07 min/km

□□: 20.10 km

□□□□□/□□□: 115 (of 157)

Sporta distance

□□□□□/□: 92 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 19(of 31)

V3-Sporta distance

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	12:22	-	12	2:31	64	4:08	-	12:22	-	12	2:31	64	4:08	
2	-	18:11	-	15	2:58	74	6:02	-	30:33	-	15	5:29	72	10:08	
3	-	4:20	-	10	0:40	62	1:28	-	34:53	-	14	6:09	69	11:36	
4	-	12:52	-	15	2:06	74	4:14	-	47:45	-	14	7:45	69	15:48	
5	-	7:31	-	17	1:21	85	2:42	-	55:16	-	15	9:06	71	18:30	
1	-	14:21	-	21	4:02	96	6:31	-	1:09:37	-	16	13:08	78	25:01	
2	-	22:22	-	27	6:25	106	10:02	-	1:31:59	-	19	19:33	88	35:03	
3	-	5:09	-	24	1:27	102	2:13	-	1:37:08	-	19	20:52	88	37:16	
4	-	15:22	-	24	4:16	102	6:44	-	1:52:30	-	19	24:58	89	44:00	
Finish	-	9:27	-	27	3:22	109	4:26	20.10	2:01:57	-	19	28:19	92	48:20	