



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Aivars Kļaviņš

□□□: 2:03:23

□□: 439

□□: 9.73 km/h

□□□□: 6.14 min/km

□□: 20.10 km

□□□□□/□□□: 118 (of 157)

Sporta distance

□□□□□/□: 94 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 20(of 31)

V3-Sporta distance

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:36	-	22	4:45	94	6:22	-	14:36	-	22	4:45	94	6:22	
2	-	19:34	-	21	4:21	94	7:25	-	34:10	-	22	9:06	95	13:45	
3	-	4:46	-	20	1:06	88	1:54	-	38:56	-	22	10:12	95	15:39	
4	-	13:53	-	20	3:07	92	5:15	-	52:49	-	22	12:49	93	20:52	
5	-	7:57	-	20	1:47	97	3:08	-	1:00:46	-	20	14:36	94	24:00	
1	-	14:30	-	24	4:11	99	6:40	-	1:15:16	-	20	18:47	93	30:40	
2	-	20:47	-	19	4:50	94	8:27	-	1:36:03	-	20	23:37	94	39:07	
3	-	4:55	-	18	1:13	92	1:59	-	1:40:58	-	20	24:42	94	41:06	
4	-	14:19	-	18	3:13	89	5:41	-	1:55:17	-	20	27:45	94	46:47	
Finish	-	8:06	-	20	2:01	93	3:05	20.10	2:03:23	-	20	29:45	94	49:46	