



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Baiba Vekša

□□: SB Liesma

□□: 315

□□: 20.10 km

Sporta distance

□□□□:

S1-Sporta distance

□□□: 1:41:46

□□: 11.79 km/h

□□□□: 5.06 min/km

□□□□□/□□□: 51 (of 157)

□□□□□/□: 6 (of 40)

□□□□□□: 1:33:59

□□□□□: 4(of 14)

□□□□□□□: 1:34:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	10:42	-	3	0:38	5	0:38	-	10:42	-	3	0:38	5	0:38
2	-	16:53	-	4	1:17	7	1:29	-	27:35	-	4	1:55	7	1:55
3	-	4:00	-	3	0:14	5	0:29	-	31:35	-	4	2:09	7	2:21
4	-	11:41	-	4	0:40	6	0:52	-	43:16	-	4	2:49	6	3:13
5	-	6:45	-	5	0:37	7	0:37	-	50:01	-	4	3:26	6	3:46
1	-	11:11	-	4	1:05	6	1:05	-	1:01:12	-	4	4:31	6	4:42
2	-	17:45	-	4	1:30	6	1:51	-	1:18:57	-	4	6:01	6	6:33
3	-	4:02	-	3	0:19	5	0:20	-	1:22:59	-	4	6:13	6	6:53
4	-	12:00	-	4	0:45	6	0:45	-	1:34:59	-	4	6:43	6	7:36
Finish	-	6:47	-	5	0:34	7	0:34	20.10	1:41:46	-	4	7:05	6	7:47