



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Daniels Blats

□□□: 2:20:28

□□: 828

□□: 8.59 km/h

□□□□: 6.99 min/km

□□: 20.10 km

□□□□□/□□□: 143 (of 157)

Sporta distance

□□□□□/□: 108 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 27(of 31)

V3-Sporta distance

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:51	-	31	6:00	115	7:37	-	15:51	-	31	6:00	115	7:37
2	-	23:57	-	31	8:44	117	11:48	-	39:48	-	31	14:44	117	19:23
3	-	5:49	-	31	2:09	117	2:57	-	45:37	-	31	16:53	117	22:20
4	-	17:57	-	31	7:11	116	9:19	-	1:03:34	-	31	23:34	116	31:37
5	-	9:00	-	30	2:50	114	4:11	-	1:12:34	-	30	26:24	115	35:48
1	-	14:37	-	25	4:18	100	6:47	-	1:27:11	-	30	30:42	115	42:35
2	-	22:12	-	26	6:15	105	9:52	-	1:49:23	-	30	36:57	115	52:27
3	-	5:54	-	29	2:12	111	2:58	-	1:55:17	-	30	39:01	115	55:25
4	-	16:48	-	27	5:42	107	8:10	-	2:12:05	-	27	44:33	110	1:03:35
Finish	-	8:23	-	23	2:18	99	3:22	20.10	2:20:28	-	27	46:50	108	1:06:51