



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Ainars Zēbergs

□□: VSK Noskrien Liepāja

□□: 457

□□: 20.10 km

Sporta distance

□□□□:

V3-Sporta distance

□□□: 2:22:16

□□: 8.48 km/h

□□□□: 7.08 min/km

□□□□□/□□□: 145 (of 157)

□□□□□/□: 110 (of 117)

□□□□□□: 1:13:37

□□□□□: 28(of 31)

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
1	-	14:31	-	21	4:40	93	6:17	-	14:31	-	21	4:40	93	6:17
2	-	20:57	-	30	5:44	112	8:48	-	35:28	-	25	10:24	105	15:03
3	-	5:20	-	30	1:40	116	2:28	-	40:48	-	26	12:04	106	17:31
4	-	15:04	-	29	4:18	110	6:26	-	55:52	-	28	15:52	109	23:55
5	-	8:46	-	29	2:36	111	3:57	-	1:04:38	-	29	18:28	112	27:52
1	-	16:48	-	30	6:29	113	8:58	-	1:21:26	-	29	24:57	113	36:50
2	-	26:03	-	30	10:06	114	13:43	-	1:47:29	-	29	35:03	114	50:33
3	-	6:15	-	30	2:33	113	3:19	-	1:53:44	-	29	37:28	114	53:52
4	-	18:33	-	28	7:27	110	9:55	-	2:12:17	-	28	44:45	111	1:03:47
Finish	-	9:59	-	30	3:54	113	4:58	20.10	2:22:16	-	28	48:38	110	1:08:39