



LMP Noskrien ziemu 1.posms SĒJĀ  
SĒJĀ / 17.12.2017

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Edmunds Vanags

□□□: 2:31:33

□□: 453

□□: 7.92 km/h

□□□□: 7.54 min/km

□□: 20.10 km

□□□□□/□□□: 150 (of 157)

Sporta distance

□□□□□/□: 114 (of 117)

□□□□□□: 1:13:37

□□□□:

□□□□□: 29(of 31)

V3-Sporta distance

□□□□□□□: 1:33:38

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:13	-	27	5:22	107	6:59	-	15:13	-	27	5:22	107	6:59
2	-	20:42	-	27	5:29	109	8:33	-	35:55	-	29	10:51	110	15:30
3	-	5:10	-	28	1:30	112	2:18	-	41:05	-	29	12:21	110	17:48
4	-	14:46	-	24	4:00	104	6:08	-	55:51	-	27	15:51	108	23:54
5	-	8:09	-	26	1:59	105	3:20	-	1:04:00	-	25	17:50	106	27:14
1	-	15:58	-	28	5:39	111	8:08	-	1:19:58	-	27	23:29	111	35:22
2	-	22:32	-	29	6:35	108	10:12	-	1:42:30	-	27	30:04	110	45:34
3	-	5:27	-	26	1:45	105	2:31	-	1:47:57	-	27	31:41	109	48:05
4	-	33:53	-	29	22:47	115	25:15	-	2:21:50	-	29	54:18	114	1:13:20
Finish	-	9:43	-	29	3:38	111	4:42	20.10	2:31:33	-	29	57:55	114	1:17:56