



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Lauma Čerņevska

□□: VSK Noskrien Vāveres
□□: 318

□□: 20.10 km
Sporta distance

□□□□:
S2-Sporta distance

□□□: 1:53:43

□□: 10.61 km/h
□□□□: 5.66 min/km

□□□□□/□□□: 91 (of 157)

□□□□□/□: 14 (of 40)

□□□□□□: 1:33:59

□□□□□: 4(of 17)

□□□□□□□: 1:33:59

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	12:13	-	5	1:58	15	2:09	-	12:13	-	5	1:58	15	2:09
2	-	18:35	-	5	3:11	17	3:11	-	30:48	-	5	5:05	15	5:08
3	-	4:48	-	6	1:17	23	1:17	-	35:36	-	5	6:22	15	6:22
4	-	13:03	-	3	2:14	13	2:14	-	48:39	-	5	8:36	16	8:36
5	-	7:24	-	3	1:12	12	1:16	-	56:03	-	4	9:48	13	9:48
1	-	12:17	-	3	2:02	11	2:11	-	1:08:20	-	4	11:50	13	11:50
2	-	19:30	-	3	3:36	14	3:36	-	1:27:50	-	4	15:26	14	15:26
3	-	4:41	-	3	0:59	12	0:59	-	1:32:31	-	4	16:25	14	16:25
4	-	13:31	-	4	2:14	13	2:16	-	1:46:02	-	4	18:39	13	18:39
Finish	-	7:41	-	5	1:05	17	1:28	20.10	1:53:43	-	4	19:44	14	19:44