



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Linda Laurena

□□□: 2:01:04

□□: 323

□□: 9.91 km/h

□□□□: 6.02 min/km

□□: 20.10 km

□□□□□/□□□: 113 (of 157)

Sporta distance

□□□□□/□: 23 (of 40)

□□□□□□: 1:33:59

□□□□:

□□□□□: 7(of 17)

S2-Sporta distance

□□□□□□□: 1:33:59

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
1	-	13:42	-	8	3:27	22	3:38	-	13:42	-	8	3:27	22	3:38
2	-	19:49	-	7	4:25	23	4:25	-	33:31	-	7	7:48	23	7:51
3	-	4:51	-	8	1:20	26	1:20	-	38:22	-	7	9:08	23	9:08
4	-	14:10	-	7	3:21	24	3:21	-	52:32	-	7	12:29	23	12:29
5	-	7:36	-	6	1:24	20	1:28	-	1:00:08	-	7	13:53	22	13:53
1	-	13:24	-	7	3:09	22	3:18	-	1:13:32	-	7	17:02	22	17:02
2	-	20:57	-	7	5:03	23	5:03	-	1:34:29	-	7	22:05	22	22:05
3	-	5:01	-	10	1:19	26	1:19	-	1:39:30	-	7	23:24	22	23:24
4	-	14:01	-	5	2:44	17	2:46	-	1:53:31	-	7	26:08	22	26:08
Finish	-	7:33	-	4	0:57	14	1:20	20.10	2:01:04	-	7	27:05	23	27:05