



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Ieva Upmace-Grīviņa

□□: Surikati

□□: 328

□□: 20.10 km

Sporta distance

□□□□:

S2-Sporta distance

□□□: 2:11:09

□□: 9.15 km/h

□□□□: 6.52 min/km

□□□□□/□□□: 137 (of 157)

□□□□□/□: 31 (of 40)

□□□□□□: 1:33:59

□□□□□: 10(of 17)

□□□□□□□: 1:33:59

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □	□□ □		
1	-	15:33	-	11	5:18	33	5:29	-	15:33	-	11	5:18	33	5:29
2	-	21:19	-	11	5:55	32	5:55	-	36:52	-	11	11:09	32	11:12
3	-	5:07	-	12	1:36	31	1:36	-	41:59	-	11	12:45	32	12:45
4	-	14:28	-	8	3:39	25	3:39	-	56:27	-	11	16:24	31	16:24
5	-	8:35	-	11	2:23	31	2:27	-	1:05:02	-	11	18:47	30	18:47
1	-	15:40	-	13	5:25	34	5:34	-	1:20:42	-	11	24:12	32	24:12
2	-	21:59	-	9	6:05	26	6:05	-	1:42:41	-	11	30:17	30	30:17
3	-	4:53	-	6	1:11	19	1:11	-	1:47:34	-	10	31:28	29	31:28
4	-	14:47	-	8	3:30	23	3:32	-	2:02:21	-	10	34:58	29	34:58
Finish	-	8:48	-	12	2:12	30	2:35	20.10	2:11:09	-	10	37:10	31	37:10