



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Zane Ivanāne

□□: VSK Noskrien

□□: 321

□□: 20.10 km

Sporta distance

□□□□:

S2-Sporta distance

□□□: 2:11:48

□□: 9.10 km/h

□□□□: 6.56 min/km

□□□□□/□□□: 138 (of 157)

□□□□□/□: 32 (of 40)

□□□□□□: 1:33:59

□□□□□: 11(of 17)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	15:40	-	12	5:25	34	5:36	-	15:40	-	12	5:25	34	5:36
2	-	22:08	-	13	6:44	35	6:44	-	37:48	-	12	12:05	33	12:08
3	-	5:03	-	11	1:32	29	1:32	-	42:51	-	12	13:37	34	13:37
4	-	15:22	-	11	4:33	33	4:33	-	58:13	-	12	18:10	34	18:10
5	-	8:40	-	14	2:28	34	2:32	-	1:06:53	-	12	20:38	33	20:38
1	-	14:12	-	8	3:57	26	4:06	-	1:21:05	-	12	24:35	33	24:35
2	-	21:59	-	9	6:05	26	6:05	-	1:43:04	-	12	30:40	32	30:40
3	-	5:00	-	9	1:18	25	1:18	-	1:48:04	-	12	31:58	32	31:58
4	-	15:12	-	11	3:55	27	3:57	-	2:03:16	-	11	35:53	31	35:53
Finish	-	8:32	-	10	1:56	28	2:19	20.10	2:11:48	-	11	37:49	32	37:49