



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Marta Heringa

□□: Dominieši
□□: 305

□□: 20.10 km
Sporta distance

□□□□:
S1-Sporta distance

□□□: 1:50:30

□□: 10.86 km/h
□□□□: 5.50 min/km

□□□□□/□□□: 84 (of 157)

□□□□□/□: 11 (of 40)

□□□□□□: 1:33:59

□□□□□: 7(of 14)

□□□□□□□: 1:34:41

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	13:31	-	8	3:27	21	3:27	-	13:31	-	8	3:27	21	3:27
2	-	17:56	-	7	2:20	11	2:32	-	31:27	-	8	5:47	17	5:47
3	-	4:22	-	6	0:36	10	0:51	-	35:49	-	8	6:23	16	6:35
4	-	12:45	-	7	1:44	11	1:56	-	48:34	-	8	8:07	15	8:31
5	-	7:08	-	7	1:00	10	1:00	-	55:42	-	7	9:07	12	9:27
1	-	12:01	-	7	1:55	9	1:55	-	1:07:43	-	7	11:02	11	11:13
2	-	18:20	-	7	2:05	10	2:26	-	1:26:03	-	7	13:07	10	13:39
3	-	4:24	-	6	0:41	8	0:42	-	1:30:27	-	7	13:41	10	14:21
4	-	12:48	-	7	1:33	9	1:33	-	1:43:15	-	7	14:59	10	15:52
Finish	-	7:15	-	7	1:02	11	1:02	20.10	1:50:30	-	7	15:49	11	16:31