



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

□□□□

Madara Berga

□□□: 2:31:44

□□: 316

□□: 7.95 km/h

□□□□: 7.55 min/km

□□: 20.10 km

□□□□□/□□□: 152 (of 157)

Sporta distance

□□□□□/□: 37 (of 40)

□□□□□□: 1:33:59

□□□□:

□□□□□: 14(of 17)

S2-Sporta distance

□□□□□□□: 1:33:59

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
1	-	14:35	-	9	4:20	26	4:31	-	14:35	-	9	4:20	26	4:31
2	-	21:03	-	10	5:39	30	5:39	-	35:38	-	9	9:55	29	9:58
3	-	5:22	-	15	1:51	37	1:51	-	41:00	-	9	11:46	29	11:46
4	-	14:50	-	9	4:01	28	4:01	-	55:50	-	9	15:47	29	15:47
5	-	8:15	-	10	2:03	28	2:07	-	1:04:05	-	9	17:50	28	17:50
1	-	15:10	-	12	4:55	32	5:04	-	1:19:15	-	10	22:45	29	22:45
2	-	23:11	-	14	7:17	34	7:17	-	1:42:26	-	10	30:02	29	30:02
3	-	5:28	-	12	1:46	31	1:46	-	1:47:54	-	11	31:48	31	31:48
4	-	33:53	-	14	22:36	36	22:38	-	2:21:47	-	14	54:24	36	54:24
Finish	-	9:57	-	14	3:21	35	3:44	20.10	2:31:44	-	14	57:45	37	57:45