



LMP Noskrien ziemu 1.posms SĒJĀ
SĒJĀ / 17.12.2017

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Daina Jurķe

□□□: 1:57:36

□□: 307

□□: 10.20 km/h

□□□□: 5.85 min/km

□□: 20.10 km

□□□□□/□□□: 105 (of 157)

Sporta distance

□□□□□/□: 20 (of 40)

□□□□□□: 1:33:59

□□□□:

□□□□□: 8(of 14)

S1-Sporta distance

□□□□□□□: 1:34:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
1	-	14:07	-	10	4:03	24	4:03	-	14:07	-	10	4:03	24	4:03
2	-	19:07	-	9	3:31	22	3:43	-	33:14	-	9	7:34	21	7:34
3	-	4:37	-	9	0:51	20	1:06	-	37:51	-	9	8:25	21	8:37
4	-	13:31	-	9	2:30	21	2:42	-	51:22	-	9	10:55	21	11:19
5	-	8:08	-	11	2:00	26	2:00	-	59:30	-	9	12:55	20	13:15
1	-	12:33	-	8	2:27	15	2:27	-	1:12:03	-	9	15:22	20	15:33
2	-	19:13	-	8	2:58	12	3:19	-	1:31:16	-	9	18:20	20	18:52
3	-	4:47	-	8	1:04	16	1:05	-	1:36:03	-	9	19:17	20	19:57
4	-	13:49	-	8	2:34	15	2:34	-	1:49:52	-	8	21:36	19	22:29
Finish	-	7:44	-	8	1:31	18	1:31	20.10	1:57:36	-	8	22:55	20	23:37