



LMP Noskrien ziemu 2.posms
ĀRAIŠI / 21.01.2018

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Pokšāns, Arnis

□□: Abas Kreisās Kājas
□□: 471

□□: 18.80 km
SALOMON

□□□□:
V3-Sporta distance

□□□: 1:54:38

□□: 9.84 km/h

□□□□□/□□□: 107 (of 160)

□□□□□/□: 90 (of 119)

□□□□□□: 1:11:09

□□□□□: 22(of 33)

□□□□□□□: 1:30:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
31	-	6:49	-	27	2:24	98	3:10	-	6:49	-	27	2:24	98	3:10
32	-	2:15	-	22	0:37	88	1:02	-	9:04	-	26	3:01	96	4:11
33	-	8:20	-	25	1:42	98	3:09	-	17:24	-	27	4:43	98	7:16
34	-	33:26	-	26	7:22	100	12:45	-	50:50	-	26	11:41	101	20:00
35	-	8:06	-	20	2:08	86	3:29	-	58:56	-	26	13:49	100	23:29
31	-	5:48	-	21	1:16	91	2:20	-	1:04:44	-	25	15:05	97	25:49
32	-	2:20	-	18	0:38	75	1:08	-	1:07:04	-	24	15:43	96	26:57
33	-	8:14	-	21	1:33	85	2:56	-	1:15:18	-	24	17:16	96	29:53
34	-	32:26	-	19	6:26	84	11:39	-	1:47:44	-	23	23:42	92	41:28
Finish	-	6:54	-	13	1:07	63	2:05	18.80	1:54:38	-	22	24:38	90	43:29