



# LMP Noskrien ziemu 2.posms

ĀRAIŠI / 21.01.2018

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Rozenfelds, Artūrs

□□□: 1:54:26

□□: Jaunmārupe skrien

□□: 9.86 km/h

□□: 475

□□: 18.80 km

□□□□□/□□□: 105 (of 160)

SALOMON

□□□□□/□: 88 (of 119)

□□□□□□: 1:11:09

□□□□:

□□□□□: 21(of 33)

V3-Sporta distance

□□□□□□□: 1:30:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
31	-	6:47	-	26	2:22	97	3:08	-	6:47	-	26	2:22	97	3:08
32	-	2:21	-	25	0:43	98	1:08	-	9:08	-	27	3:05	98	4:15
33	-	8:15	-	24	1:37	97	3:04	-	17:23	-	26	4:42	96	7:15
34	-	31:52	-	19	5:48	82	11:11	-	49:15	-	23	10:06	89	18:25
35	-	9:02	-	28	3:04	107	4:25	-	58:17	-	23	13:10	92	22:50
31	-	6:40	-	31	2:08	109	3:12	-	1:04:57	-	26	15:18	100	26:02
32	-	2:35	-	24	0:53	96	1:23	-	1:07:32	-	26	16:11	100	27:25
33	-	8:00	-	17	1:19	77	2:42	-	1:15:32	-	25	17:30	98	30:07
34	-	31:57	-	18	5:57	79	11:10	-	1:47:29	-	22	23:27	90	41:13
Finish	-	6:57	-	14	1:10	66	2:08	18.80	1:54:26	-	21	24:26	88	43:17