



LMP Noskrien ziemu 2.posms

ĀRAIŠI / 21.01.2018

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Bondars, Aivars

□□: Lūši

□□: 477

□□: 18.80 km

SALOMON

□□□□:

V3-Sporta distance

□□□: 1:33:13

□□: 11.59 km/h

□□□□□/□□□: 35 (of 160)

□□□□□/□: 31 (of 119)

□□□□□□: 1:11:09

□□□□□: 3(of 33)

□□□□□□□: 1:30:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
31	-	4:25	-	1	-	24	0:46	-	4:25	-	1	-	24	0:46
32	-	1:38	-	1	-	31	0:25	-	6:03	-	1	-	23	1:10
33	-	6:38	-	1	-	32	1:27	-	12:41	-	1	-	23	2:33
34	-	26:33	-	2	0:29	27	5:52	-	39:14	-	2	0:05	26	8:24
35	-	6:10	-	2	0:12	27	1:33	-	45:24	-	2	0:17	26	9:57
31	-	4:33	-	2	0:01	22	1:05	-	49:57	-	2	0:18	26	11:02
32	-	1:58	-	6	0:16	41	0:46	-	51:55	-	2	0:34	27	11:48
33	-	6:50	-	2	0:09	25	1:32	-	58:45	-	2	0:43	28	13:20
34	-	27:57	-	5	1:57	37	7:10	-	1:26:42	-	3	2:40	31	20:26
Finish	-	6:31	-	7	0:44	45	1:42	18.80	1:33:13	-	3	3:13	31	22:04