



LMP Noskrien ziemu 2.posms

ĀRAIŠI / 21.01.2018

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Lunts, Armands

□□: Vsk Noskrien

□□: 484

□□: 18.80 km

SALOMON

□□□□:

V3-Sporta distance

□□□: 1:40:10

□□: 10.78 km/h

□□□□□/□□□: 53 (of 160)

□□□□□/□: 46 (of 119)

□□□□□□: 1:11:09

□□□□□: 7(of 33)

□□□□□□□: 1:30:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
31	-	4:45	-	5	0:20	33	1:06	-	4:45	-	5	0:20	33	1:06
32	-	1:41	-	4	0:03	36	0:28	-	6:26	-	5	0:23	34	1:33
33	-	6:41	-	2	0:03	36	1:30	-	13:07	-	5	0:26	36	2:59
34	-	29:08	-	7	3:04	50	8:27	-	42:15	-	5	3:06	43	11:25
35	-	7:52	-	19	1:54	82	3:15	-	50:07	-	6	5:00	46	14:40
31	-	4:55	-	7	0:23	43	1:27	-	55:02	-	6	5:23	46	16:07
32	-	2:08	-	11	0:26	56	0:56	-	57:10	-	6	5:49	46	17:03
33	-	7:18	-	8	0:37	43	2:00	-	1:04:28	-	7	6:26	47	19:03
34	-	28:57	-	10	2:57	50	8:10	-	1:33:25	-	7	9:23	45	27:09
Finish	-	6:45	-	10	0:58	54	1:56	18.80	1:40:10	-	7	10:10	46	29:01