



LMP Noskrien ziemu 2.posms

ĀRAIŠI / 21.01.2018

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Vilemsons, Mārtiņš

□□: VSK Noskrien Seniori

□□: 486

□□: 18.80 km

SALOMON

□□□□:

V3-Sporta distance

□□□: 1:40:27

□□: 11.23 km/h

□□□□□/□□□: 56 (of 160)

□□□□□/□: 48 (of 119)

□□□□□□: 1:11:09

□□□□□: 8(of 33)

□□□□□□□: 1:30:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
31	-	5:17	-	7	0:52	48	1:38	-	5:17	-	7	0:52	48	1:38
32	-	2:12	-	21	0:34	84	0:59	-	7:29	-	8	1:26	50	2:36
33	-	7:06	-	6	0:28	44	1:55	-	14:35	-	7	1:54	49	4:27
34	-	29:18	-	11	3:14	55	8:37	-	43:53	-	7	4:44	50	13:03
35	-	6:57	-	9	0:59	53	2:20	-	50:50	-	7	5:43	50	15:23
31	-	5:07	-	8	0:35	50	1:39	-	55:57	-	8	6:18	51	17:02
32	-	2:29	-	21	0:47	85	1:17	-	58:26	-	8	7:05	53	18:19
33	-	7:08	-	6	0:27	38	1:50	-	1:05:34	-	8	7:32	50	20:09
34	-	28:25	-	7	2:25	41	7:38	-	1:33:59	-	8	9:57	47	27:43
Finish	-	6:28	-	6	0:41	43	1:39	18.80	1:40:27	-	8	10:27	48	29:18