



LMP Noskrien ziemu 2.posms

ĀRAIŠI / 21.01.2018

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Vītols, Jānis

□□: VSK Noskrien Seniori

□□: 487

□□: 18.80 km

SALOMON

□□□□:

V3-Sporta distance

□□□: 1:42:55

□□: 10.96 km/h

□□□□□/□□□: 67 (of 160)

□□□□□/□: 57 (of 119)

□□□□□□: 1:11:09

□□□□□: 12(of 33)

□□□□□□□: 1:30:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
31	-	5:52	-	14	1:27	63	2:13	-	5:52	-	14	1:27	63	2:13
32	-	1:59	-	9	0:21	58	0:46	-	7:51	-	14	1:48	63	2:58
33	-	7:31	-	12	0:53	58	2:20	-	15:22	-	10	2:41	57	5:14
34	-	29:17	-	10	3:13	54	8:36	-	44:39	-	9	5:30	56	13:49
35	-	6:56	-	8	0:58	52	2:19	-	51:35	-	10	6:28	55	16:08
31	-	5:09	-	9	0:37	54	1:41	-	56:44	-	10	7:05	56	17:49
32	-	2:06	-	10	0:24	51	0:54	-	58:50	-	10	7:29	55	18:43
33	-	7:28	-	11	0:47	56	2:10	-	1:06:18	-	9	8:16	55	20:53
34	-	29:40	-	11	3:40	56	8:53	-	1:35:58	-	11	11:56	56	29:42
Finish	-	6:57	-	14	1:10	66	2:08	18.80	1:42:55	-	12	12:55	57	31:46