



LMP Noskrien ziemu 2.posms

ĀRAIŠI / 21.01.2018

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Gruncķis, Erlens

□□: Valmiera

□□: 825

□□: 18.80 km

SALOMON

□□□□:

V3-Sporta distance

□□□: 1:53:38

□□: 9.50 km/h

□□□□□/□□□: 102 (of 160)

□□□□□/□: 87 (of 119)

□□□□□□: 1:11:09

□□□□□: 20(of 33)

□□□□□□□: 1:30:00

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□□□	□□ km	□□ □□	□□ km/h	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
31	-	5:30	-	8	1:05	49	1:51	-	5:30	-	8	1:05	49	1:51
32	-	2:09	-	18	0:31	77	0:56	-	7:39	-	9	1:36	52	2:46
33	-	7:47	-	18	1:09	72	2:36	-	15:26	-	11	2:45	60	5:18
34	-	32:33	-	23	6:29	91	11:52	-	47:59	-	20	8:50	82	17:09
35	-	7:09	-	13	1:11	60	2:32	-	55:08	-	18	10:01	77	19:41
31	-	5:49	-	23	1:17	94	2:21	-	1:00:57	-	18	11:18	78	22:02
32	-	2:38	-	26	0:56	99	1:26	-	1:03:35	-	18	12:14	79	23:28
33	-	8:25	-	25	1:44	96	3:07	-	1:12:00	-	18	13:58	79	26:35
34	-	33:59	-	24	7:59	96	13:12	-	1:45:59	-	20	21:57	85	39:43
Finish	-	7:39	-	23	1:52	92	2:50	18.80	1:53:38	-	20	23:38	87	42:29