



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Bjørn Øvrebø Vidvei

□□: Hitec Products

□□: 51

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:15:07

□□: 6.08 km/h

□□□□: 9:53 min/km

□□□□□: 85 (of 143)

□□□□□□: 3:46:48

□□□□□: 75(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:25:27	-	79	28:05	85	28:05	-	1:25:27	-	79	28:05	85	28:05
Hogstad	-	1:06:34	-	64	21:40	70	21:40	-	2:32:01	-	68	49:45	75	49:45
Storaberget	-	30:31	-	68	11:06	77	11:06	-	3:02:32	-	67	1:00:51	74	1:00:51
Myland	-	1:27:07	-	68	35:17	78	1:17:48	-	4:29:39	-	66	1:36:08	74	1:36:08
Vårlivarde	-	24:39	-	76	12:09	91	12:09	-	4:54:18	-	67	1:48:17	75	1:48:17
Lauvås	-	48:46	-	92	26:33	107	26:33	-	5:43:04	-	75	2:13:31	84	2:13:31
Finish	-	32:03	-	90	14:48	103	14:48	38.00	6:15:07	-	75	2:28:19	85	2:28:19