



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Håvard Degnes

□□□: 6:21:44

□□: 181

□□: 5.97 km/h

□□□□: 10:03 min/km

□□: 38.00 km

Trail Run

□□□□□: 92 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:25:16	-	76	27:54	82	27:54	-	1:25:16	-	76	27:54	82	27:54
Hogstad	-	1:11:11	-	75	26:17	83	26:17	-	2:36:27	-	76	54:11	84	54:11
Storaberget	-	31:32	-	75	12:07	86	12:07	-	3:07:59	-	74	1:06:18	82	1:06:18
Myland	-	1:33:59	-	82	42:09	98	1:24:40	-	4:41:58	-	78	1:48:27	90	1:48:27
Vårlivarde	-	23:51	-	70	11:21	84	11:21	-	5:05:49	-	78	1:59:48	90	1:59:48
Lauvås	-	44:17	-	73	22:04	85	22:04	-	5:50:06	-	80	2:20:33	91	2:20:33
Finish	-	31:38	-	86	14:23	99	14:23	38.00	6:21:44	-	80	2:34:56	92	2:34:56