



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Janne S Myrland

□□□: 6:16:05

□□: 70

□□: 6.06 km/h

□□□□: 9:54 min/km

□□: 38.00 km

Trail Run

□□□□□: 86 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 11(of 25)

kvinne

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:27:17	-	10	16:41	94	29:55	-	1:27:17	-	10	16:41	94	29:55
Hogstad	-	1:11:56	-	11	16:30	92	27:02	-	2:39:13	-	10	33:11	90	56:57
Storaberget	-	31:46	-	12	6:46	88	12:21	-	3:10:59	-	10	39:54	90	1:09:18
Myland	-	1:25:37	-	9	1:16:18	73	1:16:18	-	4:36:36	-	10	54:20	85	1:43:05
Vårlivarde	-	23:59	-	15	7:54	86	11:29	-	5:00:35	-	9	1:02:14	83	1:54:34
Lauvås	-	44:12	-	12	12:53	84	21:59	-	5:44:47	-	11	1:14:10	86	2:15:14
Finish	-	31:18	-	13	9:31	97	14:03	38.00	6:16:05	-	11	1:23:41	86	2:29:17