



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Per Helge Salvesen

□□□: 6:33:22

□□: 140

□□: 5.80 km/h

□□□□: 10:22 min/km

□□: 38.00 km

Trail Run

□□□□□: 100 (of 143)

□□□□□□: 3:46:48

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□□□□□: 86(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:27:19	-	85	29:57	95	29:57	-	1:27:19	-	85	29:57	95	29:57
Hogstad	-	1:12:00	-	82	27:06	93	27:06	-	2:39:19	-	81	57:03	91	57:03
Storaberget	-	32:38	-	84	13:13	96	13:13	-	3:11:57	-	83	1:10:16	94	1:10:16
Myland	-	1:30:12	-	77	38:22	92	1:20:53	-	4:42:09	-	79	1:48:38	91	1:48:38
Vårlivarde	-	27:42	-	100	15:12	115	15:12	-	5:09:51	-	81	2:03:50	93	2:03:50
Lauvås	-	51:09	-	99	28:56	114	28:56	-	6:01:00	-	84	2:31:27	97	2:31:27
Finish	-	32:22	-	92	15:07	106	15:07	38.00	6:33:22	-	86	2:46:34	100	2:46:34