



Mellomtider Riska TrailRun

Riska / 20.05.2017

0000

Mikal Helmikstøl

000: 6:38:11

00: 6

00: 5.73 km/h

0000: 10:29 min/km

00: 38.00 km

Trail Run

00000: 102 (of 143)

000000: 3:46:48

0000:

00000: 88(of 118)

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0000000: 3:46:48

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000	00 km	00 00 min/km	00 -	00 -	00 000	00 000	000	000	000	00 -	00 -	00 000	00 000	
Dale	-	1:13:42	-	26	16:20	27	16:20	-	1:13:42	-	26	16:20	27	16:20
Hogstad	-	1:05:57	-	61	21:03	67	21:03	-	2:19:39	-	48	37:23	51	37:23
Storaberget	-	41:48	-	109	22:23	127	22:23	-	3:01:27	-	64	59:46	71	59:46
Myland	-	1:57:44	-	109	1:05:54	127	1:48:25	-	4:59:11	-	95	2:05:40	109	2:05:40
Vårlivarde	-	24:56	-	81	12:26	96	12:26	-	5:24:07	-	95	2:18:06	109	2:18:06
Lauvås	-	45:50	-	80	23:37	93	23:37	-	6:09:57	-	92	2:40:24	106	2:40:24
Finish	-	28:14	-	64	10:59	75	10:59	38.00	6:38:11	-	88	2:51:23	102	2:51:23