



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Thierry P.L.M Le Gallais

□□□: 6:52:13

□□: 31

□□: 5.53 km/h

□□□□: 10:51 min/km

□□: 38.00 km

Trail Run

□□□□□: 112 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:32:41	-	103	35:19	115	35:19	-	1:32:41	-	103	35:19	115	35:19
Hogstad	-	1:14:20	-	88	29:26	100	29:26	-	2:47:01	-	93	1:04:45	104	1:04:45
Storaberget	-	31:54	-	78	12:29	90	12:29	-	3:18:55	-	92	1:17:14	103	1:17:14
Myland	-	1:37:34	-	89	45:44	105	1:28:15	-	4:56:29	-	91	2:02:58	105	2:02:58
Vårlivarde	-	28:58	-	105	16:28	122	16:28	-	5:25:27	-	96	2:19:26	110	2:19:26
Lauvås	-	52:52	-	102	30:39	117	30:39	-	6:18:19	-	97	2:48:46	112	2:48:46
Finish	-	33:54	-	100	16:39	115	16:39	38.00	6:52:13	-	97	3:05:25	112	3:05:25