



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Christoffer Haugland

00: Riska Brannstasjon

00: 84

00: 38.00 km

Trail Run

0000:

mann

000: 6:52:16

00: 5.53 km/h

0000: 10:51 min/km

00000: 113 (of 143)

000000: 3:46:48

00000: 98(of 118)

0000000: 3:46:48

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Dale	-	1:25:42	-	82	28:20	88	28:20	-	1:25:42	-	82	28:20	88	28:20
Hogstad	-	1:16:23	-	95	31:29	108	31:29	-	2:42:05	-	90	59:49	101	59:49
Storaberget	-	36:57	-	102	17:32	119	17:32	-	3:19:02	-	93	1:17:21	104	1:17:21
Myland	-	1:43:09	-	102	51:19	118	1:33:50	-	5:02:11	-	98	2:08:40	113	2:08:40
Vårlivarde	-	26:19	-	92	13:49	107	13:49	-	5:28:30	-	98	2:22:29	113	2:22:29
Lauvås	-	50:03	-	95	27:50	110	27:50	-	6:18:33	-	98	2:49:00	113	2:49:00
Finish	-	33:43	-	98	16:28	112	16:28	38.00	6:52:16	-	98	3:05:28	113	3:05:28