



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Arvid Gundersen

□□□: 6:59:01

□□: 65

□□: - km/h

□□□□: 11:02 min/km

Enduro E Bike

□□□□□: 114 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:29:44	-	96	32:22	107	32:22	-	1:29:44	-	96	32:22	107	32:22
Hogstad	-	1:26:21	-	108	41:27	124	41:27	-	2:56:05	-	103	1:13:49	116	1:13:49
Storaberget	-	36:49	-	101	17:24	118	17:24	-	3:32:54	-	101	1:31:13	114	1:31:13
Myland	-	1:42:06	-	100	50:16	116	1:32:47	-	5:15:00	-	102	2:21:29	118	2:21:29
Vårlivarde	-	24:38	-	75	12:08	90	12:08	-	5:39:38	-	100	2:33:37	115	2:33:37
Lauvås	-	47:11	-	85	24:58	98	24:58	-	6:26:49	-	99	2:57:16	114	2:57:16
Finish	-	32:12	-	91	14:57	104	14:57	-	6:59:01	-	99	3:12:13	114	3:12:13