



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Oddbjørn Austad

□□: Bryne Triatlonklubb

□□: 48

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 7:03:15

□□: 5.39 km/h

□□□□: 11:09 min/km

□□□□□: 117 (of 143)

□□□□□□: 3:46:48

□□□□□: 102(of 118)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:27:45	-	88	30:23	98	30:23	-	1:27:45	-	88	30:23	98	30:23
Hogstad	-	1:23:26	-	104	38:32	119	38:32	-	2:51:11	-	100	1:08:55	113	1:08:55
Storaberget	-	42:31	-	110	23:06	128	23:06	-	3:33:42	-	103	1:32:01	116	1:32:01
Myland	-	1:37:57	-	91	46:07	107	1:28:38	-	5:11:39	-	100	2:18:08	116	2:18:08
Vårlivarde	-	28:17	-	103	15:47	119	15:47	-	5:39:56	-	101	2:33:55	116	2:33:55
Lauvås	-	50:04	-	96	27:51	111	27:51	-	6:30:00	-	101	3:00:27	116	3:00:27
Finish	-	33:15	-	95	16:00	109	16:00	38.00	7:03:15	-	102	3:16:27	117	3:16:27