



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Alf Erik Høyland

□□□: 7:27:44

□□: 123

□□: 5.09 km/h

□□□□: 11:47 min/km

□□: 38.00 km

Trail Run

□□□□□: 121 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:25:03	-	74	27:41	80	27:41	-	1:25:03	-	74	27:41	80	27:41
Hogstad	-	1:23:27	-	107	38:33	122	38:33	-	2:48:30	-	96	1:06:14	108	1:06:14
Storaberget	-	40:29	-	107	21:04	125	21:04	-	3:28:59	-	100	1:27:18	113	1:27:18
Myland	-	1:53:39	-	107	1:01:49	125	1:44:20	-	5:22:38	-	107	2:29:07	123	2:29:07
Vårlivarde	-	30:11	-	110	17:41	127	17:41	-	5:52:49	-	107	2:46:48	122	2:46:48
Lauvås	-	1:01:05	-	107	38:52	125	38:52	-	6:53:54	-	107	3:24:21	122	3:24:21
Finish	-	33:50	-	99	16:35	114	16:35	38.00	7:27:44	-	106	3:40:56	121	3:40:56