



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Ulf F Johanssen

□□: UltraPunk RaceTeam

□□: 54

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 7:57:31

□□: 4.77 km/h

□□□□: 12:34 min/km

□□□□□: 126 (of 143)

□□□□□□: 3:46:48

□□□□□: 109(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:41:42	-	113	44:20	129	44:20	-	1:41:42	-	113	44:20	129	44:20
Hogstad	-	1:22:29	-	103	37:35	118	37:35	-	3:04:11	-	108	1:21:55	123	1:21:55
Storaberget	-	39:48	-	106	20:23	123	20:23	-	3:43:59	-	108	1:42:18	124	1:42:18
Myland	-	1:47:26	-	105	55:36	121	1:38:07	-	5:31:25	-	108	2:37:54	124	2:37:54
Vårlivarde	-	31:55	-	111	19:25	129	19:25	-	6:03:20	-	108	2:57:19	124	2:57:19
Lauvås	-	1:09:44	-	111	47:31	134	47:31	-	7:13:04	-	108	3:43:31	124	3:43:31
Finish	-	44:27	-	112	27:12	136	27:12	38.00	7:57:31	-	109	4:10:43	126	4:10:43