



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Gro Anita Aartun Imsland

□□: Team Imsland

□□: 107

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 6:30:40

□□: 5.84 km/h

□□□□: 10:17 min/km

□□□□□: 97 (of 143)

□□□□□□: 3:46:48

□□□□□: 14(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:40:54	-	16	30:18	127	43:32	-	1:40:54	-	16	30:18	127	43:32
Hogstad	-	1:21:50	-	15	26:24	116	36:56	-	3:02:44	-	15	56:42	122	1:20:28
Storaberget	-	33:56	-	14	8:56	105	14:31	-	3:36:40	-	15	1:05:35	119	1:34:59
Myland	-	1:23:37	-	8	1:14:18	66	1:14:18	-	5:00:17	-	15	1:18:01	110	2:06:46
Vårlivarde	-	23:24	-	13	7:19	78	10:54	-	5:23:41	-	14	1:25:20	105	2:17:40
Lauvås	-	39:17	-	6	7:58	49	17:04	-	6:02:58	-	14	1:32:21	99	2:33:25
Finish	-	27:42	-	11	5:55	67	10:27	38.00	6:30:40	-	14	1:38:16	97	2:43:52