



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## Kjetil Knutsen

□□: Buøy IL

□□: 5

□□: 38.00 km

Trail Run

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| □□□         | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□   | □□□     | □□□ | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|---------|-----|---------|---------|-----------|-----------|
| Dale        | -        | 1:33:10  | -            | 104     | 35:48   | 116       | 35:48     | -     | 1:33:10 | -   | 104     | 35:48   | 116       | 35:48     |
| Hogstad     | -        | fehlt!   | -            | -       | -       | -         | -         | -     | -       | -   | -       | -       | -         | -         |
| Storaberget | -        | fehlt!   | -            | -       | -       | -         | -         | -     | -       | -   | -       | -       | -         | -         |
| Myland      | -        | fehlt!   | -            | -       | -       | -         | -         | -     | -       | -   | -       | -       | -         | -         |
| Vårlivarde  | -        | fehlt!   | -            | -       | -       | -         | -         | -     | -       | -   | -       | -       | -         | -         |
| Lauvås      | -        | fehlt!   | -            | -       | -       | -         | -         | -     | -       | -   | -       | -       | -         | -         |
| Finish      | -        | fehlt!   | -            | -       | -       | -         | -         | 38.00 | -       | -   | -       | -       | -         | -         |