



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Christine Marais Chaboud

□□□: 8:32:08

□□: 177

□□: 4.45 km/h

□□□□: 13:29 min/km

□□: 38.00 km

Trail Run

□□□□□: 130 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 19(of 25)

kvinne

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:50:35	-	19	39:59	136	53:13	-	1:50:35	-	19	39:59	136	53:13
Hogstad	-	1:30:09	-	17	34:43	125	45:15	-	3:20:44	-	17	1:14:42	128	1:38:28
Storaberget	-	42:32	-	19	17:32	129	23:07	-	4:03:16	-	17	1:32:11	127	2:01:35
Myland	-	2:19:27	-	23	2:10:08	134	2:10:08	-	6:22:43	-	19	2:40:27	130	3:29:12
Vårlivarde	-	28:05	-	16	12:00	117	15:35	-	6:50:48	-	19	2:52:27	130	3:44:47
Lauvås	-	1:01:16	-	19	29:57	126	39:03	-	7:52:04	-	19	3:21:27	130	4:22:31
Finish	-	40:04	-	21	18:17	130	22:49	38.00	8:32:08	-	19	3:39:44	130	4:45:20