



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## Gunvor Hjertvik

□□: Rogaland Politiidrett

□□: 126

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 8:55:34

□□: 4.26 km/h

□□□□: 14:06 min/km

□□□□□: 133 (of 143)

□□□□□□: 3:46:48

□□□□□: 22(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:57:52	-	20	47:16	137	1:00:30	-	1:57:52	-	20	47:16	137	1:00:30
Hogstad	-	1:44:46	-	23	49:20	135	59:52	-	3:42:38	-	22	1:36:36	134	2:00:22
Storaberget	-	44:01	-	22	19:01	132	24:36	-	4:26:39	-	22	1:55:34	133	2:24:58
Myland	-	2:04:38	-	22	1:55:19	133	1:55:19	-	6:31:17	-	22	2:49:01	133	3:37:46
Vårlivarde	-	35:43	-	23	19:38	135	23:13	-	7:07:00	-	23	3:08:39	134	4:00:59
Lauvås	-	1:07:21	-	20	36:02	128	45:08	-	8:14:21	-	23	3:43:44	134	4:44:48
Finish	-	41:13	-	22	19:26	131	23:58	38.00	8:55:34	-	22	4:03:10	133	5:08:46