



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Einar Gjelsvik

□□: skjalg

□□: 61

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 4:41:20

□□: 8.10 km/h

□□□□: 7:25 min/km

□□□□□: 7 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:07:02	-	9	9:40	9	9:40	-	1:07:02	-	9	9:40	9	9:40
Hogstad	-	52:46	-	8	7:52	8	7:52	-	1:59:48	-	6	17:32	6	17:32
Storaberget	-	22:58	-	7	3:33	7	3:33	-	2:22:46	-	5	21:05	5	21:05
Myland	-	1:08:06	-	13	16:16	15	58:47	-	3:30:52	-	6	37:21	6	37:21
Vårlivarde	-	18:11	-	14	5:41	17	5:41	-	3:49:03	-	9	43:02	9	43:02
Lauvås	-	31:35	-	9	9:22	10	9:22	-	4:20:38	-	8	51:05	8	51:05
Finish	-	20:42	-	2	3:27	2	3:27	38.00	4:41:20	-	7	54:32	7	54:32