



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Lars ole Gudevang

□□: Sørmarka Arena

□□: 163

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 4:45:11

□□: 7.99 km/h

□□□□: 7:31 min/km

□□□□□: 9 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:07:12	-	10	9:50	10	9:50	-	1:07:12	-	10	9:50	10	9:50
Hogstad	-	52:42	-	6	7:48	6	7:48	-	1:59:54	-	9	17:38	9	17:38
Storaberget	-	24:06	-	9	4:41	9	4:41	-	2:24:00	-	7	22:19	7	22:19
Myland	-	1:06:57	-	8	15:07	10	57:38	-	3:30:57	-	7	37:26	7	37:26
Vårlivarde	-	18:01	-	11	5:31	14	5:31	-	3:48:58	-	8	42:57	8	42:57
Lauvås	-	31:46	-	10	9:33	11	9:33	-	4:20:44	-	9	51:11	9	51:11
Finish	-	24:27	-	20	7:12	25	7:12	38.00	4:45:11	-	9	58:23	9	58:23