



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## Odd Kåre Hatleskog

□□: Tørst Drikke

□□: 148

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:00:55

□□: 7.58 km/h

□□□□: 7:56 min/km

□□□□□: 16 (of 143)

□□□□□□: 3:46:48

□□□□□: 14(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:11:41	-	19	14:19	20	14:19	-	1:11:41	-	19	14:19	20	14:19
Hogstad	-	55:10	-	12	10:16	12	10:16	-	2:06:51	-	16	24:35	17	24:35
Storaberget	-	25:55	-	22	6:30	24	6:30	-	2:32:46	-	15	31:05	16	31:05
Myland	-	1:12:45	-	21	20:55	25	1:03:26	-	3:45:31	-	17	52:00	19	52:00
Vårlivarde	-	17:42	-	10	5:12	11	5:12	-	4:03:13	-	14	57:12	16	57:12
Lauvås	-	32:23	-	11	10:10	13	10:10	-	4:35:36	-	16	1:06:03	18	1:06:03
Finish	-	25:19	-	29	8:04	35	8:04	38.00	5:00:55	-	14	1:14:07	16	1:14:07