



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Arne Lindland

□□: Sølvrevene

□□: 98

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:09:42

□□: 7.36 km/h

□□□□: 8:09 min/km

□□□□□: 22 (of 143)

□□□□□□: 3:46:48

□□□□□: 20(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:14:37	-	31	17:15	33	17:15	-	1:14:37	-	31	17:15	33	17:15
Hogstad	-	55:17	-	13	10:23	13	10:23	-	2:09:54	-	19	27:38	20	27:38
Storaberget	-	25:03	-	15	5:38	16	5:38	-	2:34:57	-	16	33:16	17	33:16
Myland	-	1:10:21	-	15	18:31	18	1:01:02	-	3:45:18	-	15	51:47	17	51:47
Vårlivarde	-	19:09	-	20	6:39	23	6:39	-	4:04:27	-	19	58:26	21	58:26
Lauvås	-	38:42	-	39	16:29	43	16:29	-	4:43:09	-	19	1:13:36	21	1:13:36
Finish	-	26:33	-	43	9:18	51	9:18	38.00	5:09:42	-	20	1:22:54	22	1:22:54