



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Tommy Johnsen

□□: Tempo triatlon klubb

□□: 122

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:09:50

□□: 7.36 km/h

□□□□: 8:10 min/km

□□□□□: 24 (of 143)

□□□□□□: 3:46:48

□□□□□: 22(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:18:01	-	54	20:39	56	20:39	-	1:18:01	-	54	20:39	56	20:39
Hogstad	-	59:23	-	33	14:29	35	14:29	-	2:17:24	-	45	35:08	47	35:08
Storaberget	-	26:36	-	31	7:11	33	7:11	-	2:44:00	-	42	42:19	44	42:19
Myland	-	1:12:32	-	20	20:42	24	1:03:13	-	3:56:32	-	30	1:03:01	34	1:03:01
Vårlivarde	-	18:19	-	15	5:49	18	5:49	-	4:14:51	-	28	1:08:50	30	1:08:50
Lauvås	-	32:55	-	15	10:42	17	10:42	-	4:47:46	-	25	1:18:13	27	1:18:13
Finish	-	22:04	-	6	4:49	7	4:49	38.00	5:09:50	-	22	1:23:02	24	1:23:02