



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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**Jørgen Grønsund**

□□: Hetland Sport

□□: 62

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:12:50

□□: 7.29 km/h

□□□□: 8:14 min/km

□□□□□: 26 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:10:37	-	16	13:15	17	13:15	-	1:10:37	-	16	13:15	17	13:15
Hogstad	-	55:46	-	14	10:52	15	10:52	-	2:06:23	-	15	24:07	16	24:07
Storaberget	-	25:53	-	21	6:28	23	6:28	-	2:32:16	-	14	30:35	15	30:35
Myland	-	1:14:21	-	28	22:31	32	1:05:02	-	3:46:37	-	21	53:06	23	53:06
Vårlivarde	-	19:32	-	24	7:02	27	7:02	-	4:06:09	-	22	1:00:08	24	1:00:08
Lauvås	-	39:56	-	49	17:43	56	17:43	-	4:46:05	-	23	1:16:32	25	1:16:32
Finish	-	26:45	-	48	9:30	57	9:30	38.00	5:12:50	-	24	1:26:02	26	1:26:02