



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Marit Rossing

□□: Conocophillips

□□: 170

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 5:42:32

□□: 6.66 km/h

□□□□: 9:01 min/km

□□□□□: 56 (of 143)

□□□□□□: 3:46:48

□□□□□: 5(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:19:35	-	5	8:59	61	22:13	-	1:19:35	-	5	8:59	61	22:13
Hogstad	-	1:06:43	-	7	11:17	71	21:49	-	2:26:18	-	6	20:16	65	44:02
Storaberget	-	30:28	-	9	5:28	76	11:03	-	2:56:46	-	7	25:41	67	55:05
Myland	-	1:21:18	-	6	1:11:59	53	1:11:59	-	4:18:04	-	6	35:48	64	1:24:33
Vårlivarde	-	20:56	-	6	4:51	35	8:26	-	4:39:00	-	5	40:39	61	1:32:59
Lauvås	-	37:30	-	4	6:11	37	15:17	-	5:16:30	-	5	45:53	56	1:46:57
Finish	-	26:02	-	8	4:15	45	8:47	38.00	5:42:32	-	5	50:08	56	1:55:44