



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Espen Handeland

□□□: 5:17:39

□□: 56

□□: 7.18 km/h

□□□□: 8:22 min/km

□□: 38.00 km

Trail Run

□□□□□: 30 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:13:56	-	27	16:34	28	16:34	-	1:13:56	-	27	16:34	28	16:34
Hogstad	-	57:39	-	22	12:45	24	12:45	-	2:11:35	-	24	29:19	26	29:19
Storaberget	-	24:59	-	14	5:34	14	5:34	-	2:36:34	-	19	34:53	21	34:53
Myland	-	1:17:49	-	37	25:59	41	1:08:30	-	3:54:23	-	29	1:00:52	32	1:00:52
Vårlivarde	-	21:44	-	37	9:14	46	9:14	-	4:16:07	-	29	1:10:06	31	1:10:06
Lauvås	-	38:48	-	40	16:35	44	16:35	-	4:54:55	-	29	1:25:22	32	1:25:22
Finish	-	22:44	-	9	5:29	11	5:29	38.00	5:17:39	-	27	1:30:51	30	1:30:51