



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Asgeir Garvik

□□: Gjesdal IL

□□: 18

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:26:47

□□: 6.98 km/h

□□□□: 8:36 min/km

□□□□□: 35 (of 143)

□□□□□□: 3:46:48

□□□□□: 32(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:15:27	-	39	18:05	41	18:05	-	1:15:27	-	39	18:05	41	18:05
Hogstad	-	1:00:45	-	43	15:51	46	15:51	-	2:16:12	-	40	33:56	42	33:56
Storaberget	-	28:34	-	51	9:09	56	9:09	-	2:44:46	-	44	43:05	46	43:05
Myland	-	1:18:44	-	39	26:54	44	1:09:25	-	4:03:30	-	38	1:09:59	42	1:09:59
Vårlivarde	-	22:56	-	58	10:26	70	10:26	-	4:26:26	-	40	1:20:25	43	1:20:25
Lauvås	-	37:16	-	32	15:03	35	15:03	-	5:03:42	-	41	1:34:09	44	1:34:09
Finish	-	23:05	-	12	5:50	14	5:50	38.00	5:26:47	-	32	1:39:59	35	1:39:59