



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Oddgeir Sunde

□□□: 5:26:58

□□: 168

□□: 6.97 km/h

□□□□: 8:37 min/km

□□: 38.00 km

Trail Run

□□□□□: 37 (of 143)

□□□□□□: 3:46:48

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□□□□□: 34(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:16:15	-	42	18:53	44	18:53	-	1:16:15	-	42	18:53	44	18:53
Hogstad	-	1:01:08	-	45	16:14	48	16:14	-	2:17:23	-	44	35:07	46	35:07
Storaberget	-	19:26	-	2	0:01	2	0:01	-	2:36:49	-	22	35:08	24	35:08
Myland	-	1:21:04	-	46	29:14	51	1:11:45	-	3:57:53	-	31	1:04:22	35	1:04:22
Vårlivarde	-	23:11	-	63	10:41	75	10:41	-	4:21:04	-	31	1:15:03	34	1:15:03
Lauvås	-	38:13	-	35	16:00	39	16:00	-	4:59:17	-	30	1:29:44	33	1:29:44
Finish	-	27:41	-	55	10:26	65	10:26	38.00	5:26:58	-	34	1:40:10	37	1:40:10