



Mellomtider Riska TrailRun

Riska / 20.05.2017

0000

Kjetil Austrheim

00: Vindafjord IL

00: 87

00: 38.00 km

Trail Run

0000:

mann

000: 5:33:51

00: 6.83 km/h

0000: 8:48 min/km

00000: 47 (of 143)

000000: 3:46:48

00000: 43(of 118)

0000000: 3:46:48

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Dale	-	1:18:00	-	53	20:38	55	20:38	-	1:18:00	-	53	20:38	55	20:38
Hogstad	-	59:51	-	35	14:57	37	14:57	-	2:17:51	-	47	35:35	49	35:35
Storaberget	-	26:45	-	33	7:20	35	7:20	-	2:44:36	-	43	42:55	45	42:55
Myland	-	1:19:24	-	41	27:34	46	1:10:05	-	4:04:00	-	41	1:10:29	45	1:10:29
Vårlivarde	-	22:44	-	56	10:14	68	10:14	-	4:26:44	-	41	1:20:43	44	1:20:43
Lauvås	-	40:28	-	53	18:15	60	18:15	-	5:07:12	-	43	1:37:39	46	1:37:39
Finish	-	26:39	-	46	9:24	55	9:24	38.00	5:33:51	-	43	1:47:03	47	1:47:03