



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Arne Furre

□□□: 5:35:51

□□: 86

□□: 6.79 km/h

□□□□: 8:51 min/km

□□: 38.00 km

Trail Run

□□□□□: 48 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:20:16	-	60	22:54	65	22:54	-	1:20:16	-	60	22:54	65	22:54
Hogstad	-	1:02:48	-	53	17:54	58	17:54	-	2:23:04	-	55	40:48	58	40:48
Storaberget	-	27:49	-	43	8:24	47	8:24	-	2:50:53	-	51	49:12	54	49:12
Myland	-	1:17:41	-	35	25:51	39	1:08:22	-	4:08:34	-	49	1:15:03	53	1:15:03
Vårlivarde	-	18:48	-	16	6:18	19	6:18	-	4:27:22	-	43	1:21:21	46	1:21:21
Lauvås	-	39:51	-	48	17:38	55	17:38	-	5:07:13	-	44	1:37:40	47	1:37:40
Finish	-	28:38	-	69	11:23	80	11:23	38.00	5:35:51	-	44	1:49:03	48	1:49:03