



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Eli Garvik Rasdal

□□: Gjesdal IL

□□: 118

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 5:54:14

□□: 6.44 km/h

□□□□: 9:20 min/km

□□□□□: 67 (of 143)

□□□□□□: 3:46:48

□□□□□: 7(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:19:03	-	3	8:27	59	21:41	-	1:19:03	-	3	8:27	59	21:41
Hogstad	-	1:04:09	-	6	8:43	62	19:15	-	2:23:12	-	4	17:10	60	40:56
Storaberget	-	30:36	-	10	5:36	78	11:11	-	2:53:48	-	5	22:43	61	52:07
Myland	-	1:27:13	-	11	1:17:54	80	1:17:54	-	4:21:01	-	7	38:45	65	1:27:30
Vårlivarde	-	21:03	-	7	4:58	37	8:33	-	4:42:04	-	6	43:43	64	1:36:03
Lauvås	-	43:08	-	10	11:49	78	20:55	-	5:25:12	-	6	54:35	63	1:55:39
Finish	-	29:02	-	12	7:15	84	11:47	38.00	5:54:14	-	7	1:01:50	67	2:07:26