



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Torstein Fjogstad

□□□: 5:41:25

□□: 99

□□: 6.68 km/h

□□□□: 9:00 min/km

□□: 38.00 km

Trail Run

□□□□□: 54 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:15:40	-	40	18:18	42	18:18	-	1:15:40	-	40	18:18	42	18:18
Hogstad	-	1:00:15	-	38	15:21	41	15:21	-	2:15:55	-	39	33:39	41	33:39
Storaberget	-	28:00	-	44	8:35	48	8:35	-	2:43:55	-	39	42:14	41	42:14
Myland	-	1:22:01	-	49	30:11	55	1:12:42	-	4:05:56	-	44	1:12:25	48	1:12:25
Vårlivarde	-	22:06	-	43	9:36	55	9:36	-	4:28:02	-	45	1:22:01	48	1:22:01
Lauvås	-	44:49	-	75	22:36	88	22:36	-	5:12:51	-	47	1:43:18	51	1:43:18
Finish	-	28:34	-	67	11:19	78	11:19	38.00	5:41:25	-	50	1:54:37	54	1:54:37