



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Martin Svangtun

□□: Gti Friidrettsklubb

□□: 11

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:45:07

□□: 6.61 km/h

□□□□: 9:05 min/km

□□□□□: 58 (of 143)

□□□□□□: 3:46:48

□□□□□: 53(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:25:20	-	78	27:58	84	27:58	-	1:25:20	-	78	27:58	84	27:58
Hogstad	-	1:01:40	-	48	16:46	52	16:46	-	2:27:00	-	61	44:44	67	44:44
Storaberget	-	26:55	-	35	7:30	38	7:30	-	2:53:55	-	57	52:14	62	52:14
Myland	-	1:22:31	-	51	30:41	57	1:13:12	-	4:16:26	-	56	1:22:55	61	1:22:55
Vårlivarde	-	22:28	-	47	9:58	59	9:58	-	4:38:54	-	56	1:32:53	60	1:32:53
Lauvås	-	39:46	-	46	17:33	53	17:33	-	5:18:40	-	55	1:49:07	60	1:49:07
Finish	-	26:27	-	42	9:12	50	9:12	38.00	5:45:07	-	53	1:58:19	58	1:58:19