



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Marius Udem

□□: Riska TrailRun

□□: 186

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:46:31

□□: 6.58 km/h

□□□□: 9:08 min/km

□□□□□: 59 (of 143)

□□□□□□: 3:46:48

□□□□□: 54(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:17:48	-	52	20:26	54	20:26	-	1:17:48	-	52	20:26	54	20:26
Hogstad	-	1:04:24	-	57	19:30	63	19:30	-	2:22:12	-	53	39:56	56	39:56
Storaberget	-	30:44	-	70	11:19	80	11:19	-	2:52:56	-	56	51:15	60	51:15
Myland	-	1:22:42	-	52	30:52	59	1:13:23	-	4:15:38	-	54	1:22:07	59	1:22:07
Vårlivarde	-	22:29	-	49	9:59	61	9:59	-	4:38:07	-	53	1:32:06	57	1:32:06
Lauvås	-	39:49	-	47	17:36	54	17:36	-	5:17:56	-	53	1:48:23	58	1:48:23
Finish	-	28:35	-	68	11:20	79	11:20	38.00	5:46:31	-	54	1:59:43	59	1:59:43