



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Jack Aubrey Snell

□□: Øl og kondis

□□: 96

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:51:30

□□: 6.49 km/h

□□□□: 9:15 min/km

□□□□□: 61 (of 143)

□□□□□□: 3:46:48

□□□□□: 56(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:13:36	-	24	16:14	25	16:14	-	1:13:36	-	24	16:14	25	16:14
Hogstad	-	1:00:56	-	44	16:02	47	16:02	-	2:14:32	-	32	32:16	34	32:16
Storaberget	-	27:45	-	42	8:20	46	8:20	-	2:42:17	-	36	40:36	38	40:36
Myland	-	1:29:23	-	76	37:33	91	1:20:04	-	4:11:40	-	51	1:18:09	56	1:18:09
Vårlivarde	-	22:55	-	57	10:25	69	10:25	-	4:34:35	-	51	1:28:34	55	1:28:34
Lauvås	-	50:39	-	97	28:26	112	28:26	-	5:25:14	-	58	1:55:41	64	1:55:41
Finish	-	26:16	-	40	9:01	48	9:01	38.00	5:51:30	-	56	2:04:42	61	2:04:42