



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## Magnar Haugenes Rake

□□: Stangeland Smashers

□□: 69

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:51:37

□□: 6.48 km/h

□□□□: 9:16 min/km

□□□□□: 62 (of 143)

□□□□□□: 3:46:48

□□□□□: 57(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:25:02	-	73	27:40	79	27:40	-	1:25:02	-	73	27:40	79	27:40
Hogstad	-	1:02:25	-	50	17:31	54	17:31	-	2:27:27	-	62	45:11	68	45:11
Storaberget	-	26:30	-	27	7:05	29	7:05	-	2:53:57	-	58	52:16	63	52:16
Myland	-	1:23:55	-	59	32:05	67	1:14:36	-	4:17:52	-	57	1:24:21	62	1:24:21
Vårlivarde	-	22:59	-	59	10:29	71	10:29	-	4:40:51	-	58	1:34:50	63	1:34:50
Lauvås	-	43:43	-	70	21:30	81	21:30	-	5:24:34	-	56	1:55:01	61	1:55:01
Finish	-	27:03	-	51	9:48	60	9:48	38.00	5:51:37	-	57	2:04:49	62	2:04:49