



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Paul Hjelmervik

□□: Enter Trailers

□□: 114

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:51:40

□□: 6.48 km/h

□□□□: 9:16 min/km

□□□□□: 63 (of 143)

□□□□□□: 3:46:48

□□□□□: 58(of 118)

□□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:29:39	-	92	32:17	103	32:17	-	1:29:39	-	92	32:17	103	32:17
Hogstad	-	1:11:48	-	79	26:54	89	26:54	-	2:41:27	-	87	59:11	98	59:11
Storaberget	-	28:32	-	50	9:07	55	9:07	-	3:09:59	-	78	1:08:18	86	1:08:18
Myland	-	1:24:32	-	61	32:42	69	1:15:13	-	4:34:31	-	70	1:41:00	79	1:41:00
Vårlivarde	-	19:58	-	25	7:28	29	7:28	-	4:54:29	-	68	1:48:28	76	1:48:28
Lauvås	-	33:07	-	16	10:54	18	10:54	-	5:27:36	-	60	1:58:03	67	1:58:03
Finish	-	24:04	-	16	6:49	19	6:49	38.00	5:51:40	-	58	2:04:52	63	2:04:52