



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Tarjei Wolstad

□□□: 5:57:16

□□: 128

□□: 6.38 km/h

□□□□: 9:25 min/km

□□: 38.00 km

Trail Run

□□□□□: 69 (of 143)

□□□□□□: 3:46:48

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□□□□□: 62(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:27:39	-	87	30:17	97	30:17	-	1:27:39	-	87	30:17	97	30:17
Hogstad	-	1:08:42	-	71	23:48	79	23:48	-	2:36:21	-	73	54:05	81	54:05
Storaberget	-	31:09	-	73	11:44	83	11:44	-	3:07:30	-	72	1:05:49	80	1:05:49
Myland	-	1:20:13	-	43	28:23	48	1:10:54	-	4:27:43	-	63	1:34:12	71	1:34:12
Vårlivarde	-	23:20	-	64	10:50	76	10:50	-	4:51:03	-	62	1:45:02	69	1:45:02
Lauvås	-	39:02	-	43	16:49	47	16:49	-	5:30:05	-	62	2:00:32	69	2:00:32
Finish	-	27:11	-	52	9:56	61	9:56	38.00	5:57:16	-	62	2:10:28	69	2:10:28