



Mellomtider Riska TrailRun

Riska / 20.05.2017

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James Edward Haynes

□□□: 6:02:14

□□: 35

□□: 6.29 km/h

□□□□: 9:32 min/km

□□: 38.00 km

Trail Run

□□□□□: 72 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:24:56	-	72	27:34	78	27:34	-	1:24:56	-	72	27:34	78	27:34
Hogstad	-	1:05:40	-	60	20:46	66	20:46	-	2:30:36	-	67	48:20	74	48:20
Storaberget	-	28:42	-	54	9:17	59	9:17	-	2:59:18	-	62	57:37	69	57:37
Myland	-	1:31:13	-	80	39:23	95	1:21:54	-	4:30:31	-	67	1:37:00	75	1:37:00
Vårlivarde	-	22:31	-	52	10:01	64	10:01	-	4:53:02	-	66	1:47:01	73	1:47:01
Lauvås	-	43:54	-	72	21:41	83	21:41	-	5:36:56	-	68	2:07:23	75	2:07:23
Finish	-	25:18	-	28	8:03	34	8:03	38.00	6:02:14	-	65	2:15:26	72	2:15:26