



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Alex Skålevik

□□: Enter Trailers

□□: 111

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:10:59

□□: 6.15 km/h

□□□□: 9:46 min/km

□□□□□: 81 (of 143)

□□□□□□: 3:46:48

□□□□□: 71(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:29:40	-	93	32:18	104	32:18	-	1:29:40	-	93	32:18	104	32:18
Hogstad	-	1:11:49	-	80	26:55	90	26:55	-	2:41:29	-	88	59:13	99	59:13
Storaberget	-	29:18	-	58	9:53	64	9:53	-	3:10:47	-	79	1:09:06	88	1:09:06
Myland	-	1:29:07	-	74	37:17	88	1:19:48	-	4:39:54	-	76	1:46:23	87	1:46:23
Vårlivarde	-	23:53	-	71	11:23	85	11:23	-	5:03:47	-	76	1:57:46	87	1:57:46
Lauvås	-	38:56	-	42	16:43	46	16:43	-	5:42:43	-	73	2:13:10	82	2:13:10
Finish	-	28:16	-	65	11:01	76	11:01	38.00	6:10:59	-	71	2:24:11	81	2:24:11