



**Møte mellom politikerne og idrettsrådet
Nordre Follo kommune
12.05.20**

Oskar Kleven

12.05.20

Korona-gym #1



Jorgen Feldt har delt en lenke.

☕ Samtalestarter · 27. april kl. 07:09

Korona-gym #1

Griserumpa intervall Follo SK

<https://www.strava.com/segments/710578...> Se mer



STRAVA.COM

Griserumpa intervall Follo SK | Strava
Ride Segment in Akershus, Norway

2019

Leaderboards

All Time

This Year

My Results

People I'm Following

My Clubs

Follo SK

By Age Group

45 to 54

See All

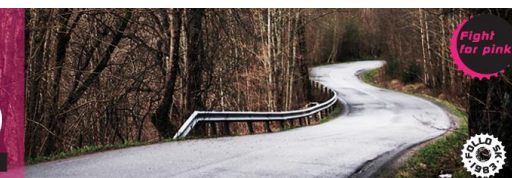
By Weight Class

95 kg to 104 kg

See All

Current Year

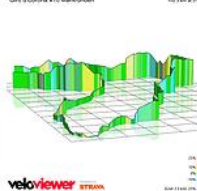
MY CURRENT PLACE		MY BEST TIME		This Year ▾			All ▾	
44 / 54		8:32						
Rank	Name	Date	Speed	HR	Power	VAM	Time	
1	Erik Kay	May 3, 2020	28.4km/h	171bpm	376W	1,166.1	5:22	
2	Oliver Aasgaard	Apr 29, 2020	27.4km/h	188bpm	446W	1,124.2	5:34	
3	Sten Marius Holmen	Apr 29, 2020	27.0km/h	173bpm	379W	1,107.6	5:39	
4	Jørgen Feldt	May 3, 2020	26.3km/h	167bpm	360W	1,079.0	5:48	
5	Espen Kristiansen	May 3, 2020	26.0km/h	168bpm	368W	1,066.7	5:52	



Giro d'Corona

Turene

Giro d'Corona #18 Mørkrunden 163 km av 17h



#8 Mørkrunden

Uke 18

Distanse	Høydemeter	Klatringer	Temposegment
102,6 km	1 092 m	3	3

[Mer info](#)

Kraftverksrunden 163 km av 17h



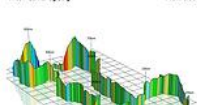
#7 Kraftverksrunden

Uke 19

Distanse	Høydemeter	Klatringer	Temposegment
85,7 km	955 m	2	3

[Mer info](#)

Millom bakkar og berg 173 km av 17h



#6 Millom bakkar og berg

Uke 20

Follo SK, Young & furious

