



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Elise Hay Opsahl

□□: Gti Friidfrett

□□: 2

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 4:52:24

□□: 7.80 km/h

□□□□: 7:42 min/km

□□□□□: 10 (of 143)

□□□□□□: 3:46:48

□□□□□: 1(of 25)

□□□□□□□: 4:52:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:10:36	-	1	-	16	13:14	-	1:10:36	-	1	-	16	13:14
Hogstad	-	55:26	-	1	-	14	10:32	-	2:06:02	-	1	-	15	23:46
Storaberget	-	25:03	-	2	0:03	16	5:38	-	2:31:05	-	1	-	14	29:24
Myland	-	1:11:11	-	4	1:01:52	21	1:01:52	-	3:42:16	-	1	-	12	48:45
Vårlivarde	-	16:05	-	1	-	5	3:35	-	3:58:21	-	1	-	11	52:20
Lauvås	-	32:16	-	2	0:57	12	10:03	-	4:30:37	-	1	-	11	1:01:04
Finish	-	21:47	-	1	-	4	4:32	38.00	4:52:24	-	1	-	10	1:05:36