



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Ingrid Helene Jensen

□□: Vegan Runners Stavanger

□□: 39

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 6:08:00

□□: 6.20 km/h

□□□□: 9:42 min/km

□□□□□: 80 (of 143)

□□□□□□: 3:46:48

□□□□□: 10(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:36:45	-	13	26:09	118	39:23	-	1:36:45	-	13	26:09	118	39:23
Hogstad	-	1:12:11	-	12	16:45	94	27:17	-	2:48:56	-	13	42:54	110	1:06:40
Storaberget	-	30:12	-	8	5:12	71	10:47	-	3:19:08	-	12	48:03	105	1:17:27
Myland	-	1:22:37	-	7	1:13:18	58	1:13:18	-	4:41:45	-	12	59:29	89	1:48:14
Vårlivarde	-	21:33	-	9	5:28	44	9:03	-	5:03:18	-	11	1:04:57	86	1:57:17
Lauvås	-	39:13	-	5	7:54	48	17:00	-	5:42:31	-	9	1:11:54	81	2:12:58
Finish	-	25:29	-	7	3:42	40	8:14	38.00	6:08:00	-	10	1:15:36	80	2:21:12