



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Simon Leary

□□□: 6:18:12

□□: 52

□□: 6.03 km/h

□□□□: 9:58 min/km

□□: 38.00 km

Trail Run

□□□□□: 87 (of 143)

□□□□□□: 3:46:48

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□□□□□: 76(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:25:13	-	75	27:51	81	27:51	-	1:25:13	-	75	27:51	81	27:51
Hogstad	-	1:14:41	-	89	29:47	101	29:47	-	2:39:54	-	82	57:38	92	57:38
Storaberget	-	32:32	-	83	13:07	95	13:07	-	3:12:26	-	85	1:10:45	96	1:10:45
Myland	-	1:31:29	-	81	39:39	96	1:22:10	-	4:43:55	-	80	1:50:24	92	1:50:24
Vårlivarde	-	23:23	-	65	10:53	77	10:53	-	5:07:18	-	79	2:01:17	91	2:01:17
Lauvås	-	42:43	-	67	20:30	76	20:30	-	5:50:01	-	79	2:20:28	90	2:20:28
Finish	-	28:11	-	62	10:56	73	10:56	38.00	6:18:12	-	76	2:31:24	87	2:31:24