



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Jan Erik Lyngstad

□□: Tempo

□□: 160

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:18:18

□□: 6.03 km/h

□□□□: 9:58 min/km

□□□□□: 88 (of 143)

□□□□□□: 3:46:48

□□□□□: 77(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:29:43	-	95	32:21	106	32:21	-	1:29:43	-	95	32:21	106	32:21
Hogstad	-	1:11:13	-	76	26:19	84	26:19	-	2:40:56	-	86	58:40	97	58:40
Storaberget	-	30:17	-	64	10:52	72	10:52	-	3:11:13	-	81	1:09:32	91	1:09:32
Myland	-	1:28:57	-	73	37:07	87	1:19:38	-	4:40:10	-	77	1:46:39	88	1:46:39
Vårlivarde	-	23:47	-	67	11:17	81	11:17	-	5:03:57	-	77	1:57:56	88	1:57:56
Lauvås	-	42:24	-	65	20:11	73	20:11	-	5:46:21	-	76	2:16:48	87	2:16:48
Finish	-	31:57	-	89	14:42	102	14:42	38.00	6:18:18	-	77	2:31:30	88	2:31:30