



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Øystein Sunde Thomassen

□□: Technip Norge

□□: 101

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:19:12

□□: 6.01 km/h

□□□□: 9:59 min/km

□□□□□: 90 (of 143)

□□□□□□: 3:46:48

□□□□□: 79(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:18:57	-	56	21:35	58	21:35	-	1:18:57	-	56	21:35	58	21:35
Hogstad	-	1:04:47	-	58	19:53	64	19:53	-	2:23:44	-	57	41:28	61	41:28
Storaberget	-	32:27	-	82	13:02	94	13:02	-	2:56:11	-	59	54:30	64	54:30
Myland	-	1:28:28	-	70	36:38	83	1:19:09	-	4:24:39	-	60	1:31:08	68	1:31:08
Vårlivarde	-	26:27	-	93	13:57	108	13:57	-	4:51:06	-	63	1:45:05	70	1:45:05
Lauvås	-	43:52	-	71	21:39	82	21:39	-	5:34:58	-	65	2:05:25	72	2:05:25
Finish	-	44:14	-	110	26:59	134	26:59	38.00	6:19:12	-	79	2:32:24	90	2:32:24