



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Steven Clelland

□□□: 6:22:38

□□: 104

□□: 5.96 km/h

□□□□: 10:05 min/km

□□: 38.00 km

Trail Run

□□□□□: 93 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:31:59	-	100	34:37	111	34:37	-	1:31:59	-	100	34:37	111	34:37
Hogstad	-	1:16:54	-	96	32:00	109	32:00	-	2:48:53	-	97	1:06:37	109	1:06:37
Storaberget	-	34:39	-	94	15:14	108	15:14	-	3:23:32	-	97	1:21:51	110	1:21:51
Myland	-	1:37:17	-	87	45:27	103	1:27:58	-	5:00:49	-	96	2:07:18	111	2:07:18
Vårlivarde	-	22:42	-	55	10:12	67	10:12	-	5:23:31	-	91	2:17:30	104	2:17:30
Lauvås	-	36:09	-	21	13:56	24	13:56	-	5:59:40	-	82	2:30:07	95	2:30:07
Finish	-	22:58	-	11	5:43	13	5:43	38.00	6:22:38	-	81	2:35:50	93	2:35:50