



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Tormod Nybru

□□: Hommersåk IBK

□□: 47

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:23:36

□□: 5.94 km/h

□□□□: 10:06 min/km

□□□□□: 94 (of 143)

□□□□□□: 3:46:48

□□□□□: 82(of 118)

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:30:02	-	97	32:40	108	32:40	-	1:30:02	-	97	32:40	108	32:40
Hogstad	-	1:15:28	-	92	30:34	104	30:34	-	2:45:30	-	91	1:03:14	102	1:03:14
Storaberget	-	33:02	-	88	13:37	100	13:37	-	3:18:32	-	91	1:16:51	102	1:16:51
Myland	-	1:28:49	-	72	36:59	85	1:19:30	-	4:47:21	-	83	1:53:50	97	1:53:50
Vårlivarde	-	23:47	-	67	11:17	81	11:17	-	5:11:08	-	83	2:05:07	96	2:05:07
Lauvås	-	42:28	-	66	20:15	75	20:15	-	5:53:36	-	81	2:24:03	94	2:24:03
Finish	-	30:00	-	82	12:45	94	12:45	38.00	6:23:36	-	82	2:36:48	94	2:36:48