



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Fredrik v Aartun-Bonarjee

□□□: 6:29:27

□□: 34

□□: 5.85 km/h

□□□□: 10:15 min/km

□□: 38.00 km

Trail Run

□□□□□: 95 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:28:10	-	89	30:48	99	30:48	-	1:28:10	-	89	30:48	99	30:48
Hogstad	-	1:06:48	-	65	21:54	72	21:54	-	2:34:58	-	71	52:42	78	52:42
Storaberget	-	32:49	-	86	13:24	98	13:24	-	3:07:47	-	73	1:06:06	81	1:06:06
Myland	-	1:36:12	-	85	44:22	101	1:26:53	-	4:43:59	-	82	1:50:28	94	1:50:28
Vårlivarde	-	26:04	-	89	13:34	104	13:34	-	5:10:03	-	82	2:04:02	94	2:04:02
Lauvås	-	49:54	-	93	27:41	108	27:41	-	5:59:57	-	83	2:30:24	96	2:30:24
Finish	-	29:30	-	78	12:15	90	12:15	38.00	6:29:27	-	83	2:42:39	95	2:42:39