



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Aleksander Joa Haga

□□□: 6:30:40

□□: 150

□□: 5.84 km/h

□□□□: 10:17 min/km

□□: 38.00 km

Trail Run

□□□□□: 97 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 84(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:26:54	-	84	29:32	90	29:32	-	1:26:54	-	84	29:32	90	29:32
Hogstad	-	1:13:38	-	87	28:44	99	28:44	-	2:40:32	-	84	58:16	94	58:16
Storaberget	-	31:01	-	72	11:36	82	11:36	-	3:11:33	-	82	1:09:52	92	1:09:52
Myland	-	1:40:39	-	96	48:49	112	1:31:20	-	4:52:12	-	88	1:58:41	102	1:58:41
Vårlivarde	-	24:54	-	80	12:24	95	12:24	-	5:17:06	-	85	2:11:05	98	2:11:05
Lauvås	-	45:53	-	81	23:40	94	23:40	-	6:02:59	-	86	2:33:26	100	2:33:26
Finish	-	27:41	-	55	10:26	65	10:26	38.00	6:30:40	-	84	2:43:52	97	2:43:52