



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Lars Tore Gustavsen

□□: Dirdal Idrettslag

□□: 178

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:31:24

□□: 5.83 km/h

□□□□: 10:18 min/km

□□□□□: 99 (of 143)

□□□□□□: 3:46:48

□□□□□: 85(of 118)

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:41:41	-	112	44:19	128	44:19	-	1:41:41	-	112	44:19	128	44:19
Hogstad	-	1:11:22	-	77	26:28	86	26:28	-	2:53:03	-	101	1:10:47	114	1:10:47
Storaberget	-	28:07	-	45	8:42	50	8:42	-	3:21:10	-	95	1:19:29	108	1:19:29
Myland	-	1:26:12	-	66	34:22	76	1:16:53	-	4:47:22	-	84	1:53:51	98	1:53:51
Vårlivarde	-	23:47	-	67	11:17	81	11:17	-	5:11:09	-	84	2:05:08	97	2:05:08
Lauvås	-	50:44	-	98	28:31	113	28:31	-	6:01:53	-	85	2:32:20	98	2:32:20
Finish	-	29:31	-	79	12:16	91	12:16	38.00	6:31:24	-	85	2:44:36	99	2:44:36