



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Stig Jarand Voje

□□: Skagerak Sportsklubb

□□: 165

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:34:52

□□: 5.77 km/h

□□□□: 10:24 min/km

□□□□□: 101 (of 143)

□□□□□□: 3:46:48

□□□□□: 87(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:21:58	-	66	24:36	71	24:36	-	1:21:58	-	66	24:36	71	24:36
Hogstad	-	1:15:22	-	91	30:28	103	30:28	-	2:37:20	-	78	55:04	86	55:04
Storaberget	-	36:21	-	99	16:56	116	16:56	-	3:13:41	-	89	1:12:00	100	1:12:00
Myland	-	1:39:27	-	93	47:37	109	1:30:08	-	4:53:08	-	89	1:59:37	103	1:59:37
Vårlivarde	-	24:21	-	74	11:51	89	11:51	-	5:17:29	-	88	2:11:28	101	2:11:28
Lauvås	-	46:41	-	84	24:28	97	24:28	-	6:04:10	-	87	2:34:37	101	2:34:37
Finish	-	30:42	-	83	13:27	95	13:27	38.00	6:34:52	-	87	2:48:04	101	2:48:04