



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## Ståle Meberg

□□: Øl og kondis

□□: 81

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:41:52

□□: 5.67 km/h

□□□□: 10:35 min/km

□□□□□: 104 (of 143)

□□□□□□: 3:46:48

□□□□□: 90(of 118)

□□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:25:33	-	80	28:11	86	28:11	-	1:25:33	-	80	28:11	86	28:11
Hogstad	-	1:12:52	-	85	27:58	97	27:58	-	2:38:25	-	79	56:09	87	56:09
Storaberget	-	34:57	-	95	15:32	109	15:32	-	3:13:22	-	87	1:11:41	98	1:11:41
Myland	-	1:38:23	-	92	46:33	108	1:29:04	-	4:51:45	-	87	1:58:14	101	1:58:14
Vårlivarde	-	25:23	-	87	12:53	102	12:53	-	5:17:08	-	86	2:11:07	99	2:11:07
Lauvås	-	51:19	-	100	29:06	115	29:06	-	6:08:27	-	88	2:38:54	102	2:38:54
Finish	-	33:25	-	97	16:10	111	16:10	38.00	6:41:52	-	90	2:55:04	104	2:55:04