



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Randolph Behrens

□□□: 6:42:56

□□: 76

□□: 5.66 km/h

□□□□: 10:37 min/km

□□: 38.00 km

Trail Run

□□□□□: 105 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:29:33	-	91	32:11	102	32:11	-	1:29:33	-	91	32:11	102	32:11
Hogstad	-	1:18:38	-	99	33:44	112	33:44	-	2:48:11	-	95	1:05:55	107	1:05:55
Storaberget	-	33:02	-	88	13:37	100	13:37	-	3:21:13	-	96	1:19:32	109	1:19:32
Myland	-	1:35:58	-	84	44:08	100	1:26:39	-	4:57:11	-	92	2:03:40	106	2:03:40
Vårlivarde	-	26:49	-	94	14:19	109	14:19	-	5:24:00	-	92	2:17:59	106	2:17:59
Lauvås	-	45:45	-	79	23:32	92	23:32	-	6:09:45	-	90	2:40:12	104	2:40:12
Finish	-	33:11	-	93	15:56	107	15:56	38.00	6:42:56	-	91	2:56:08	105	2:56:08