



# Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Guido Wrede

□□□: 6:42:57

□□: 22

□□: 5.66 km/h

□□□□: 10:37 min/km

□□: 38.00 km

Trail Run

□□□□□: 106 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 92(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:29:31	-	90	32:09	100	32:09	-	1:29:31	-	90	32:09	100	32:09
Hogstad	-	1:18:39	-	100	33:45	113	33:45	-	2:48:10	-	94	1:05:54	106	1:05:54
Storaberget	-	32:09	-	79	12:44	91	12:44	-	3:20:19	-	94	1:18:38	107	1:18:38
Myland	-	1:36:53	-	86	45:03	102	1:27:34	-	4:57:12	-	93	2:03:41	107	2:03:41
Vårlivarde	-	26:51	-	95	14:21	110	14:21	-	5:24:03	-	93	2:18:02	107	2:18:02
Lauvås	-	45:41	-	77	23:28	90	23:28	-	6:09:44	-	89	2:40:11	103	2:40:11
Finish	-	33:13	-	94	15:58	108	15:58	38.00	6:42:57	-	92	2:56:09	106	2:56:09