



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Stig Egil Haugland

□□□: 6:45:16

□□: 78

□□: 5.63 km/h

□□□□: 10:40 min/km

□□: 38.00 km

Trail Run

□□□□□: 107 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:25:41	-	81	28:19	87	28:19	-	1:25:41	-	81	28:19	87	28:19
Hogstad	-	1:14:49	-	90	29:55	102	29:55	-	2:40:30	-	83	58:14	93	58:14
Storaberget	-	32:57	-	87	13:32	99	13:32	-	3:13:27	-	88	1:11:46	99	1:11:46
Myland	-	1:40:47	-	97	48:57	113	1:31:28	-	4:54:14	-	90	2:00:43	104	2:00:43
Vårlivarde	-	27:07	-	96	14:37	111	14:37	-	5:21:21	-	90	2:15:20	103	2:15:20
Lauvås	-	48:31	-	90	26:18	105	26:18	-	6:09:52	-	91	2:40:19	105	2:40:19
Finish	-	35:24	-	101	18:09	117	18:09	38.00	6:45:16	-	93	2:58:28	107	2:58:28