



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Mathieu Mcguire

□□: Gandal IL orientering

□□: 68

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:46:26

□□: 5.61 km/h

□□□□: 10:42 min/km

□□□□□: 109 (of 143)

□□□□□□: 3:46:48

□□□□□: 94(of 118)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:31:59	-	100	34:37	111	34:37	-	1:31:59	-	100	34:37	111	34:37
Hogstad	-	1:17:34	-	97	32:40	110	32:40	-	2:49:33	-	98	1:07:17	111	1:07:17
Storaberget	-	34:12	-	92	14:47	106	14:47	-	3:23:45	-	98	1:22:04	111	1:22:04
Myland	-	1:37:31	-	88	45:41	104	1:28:12	-	5:01:16	-	97	2:07:45	112	2:07:45
Vårlivarde	-	26:09	-	90	13:39	105	13:39	-	5:27:25	-	97	2:21:24	112	2:21:24
Lauvås	-	47:16	-	86	25:03	99	25:03	-	6:14:41	-	96	2:45:08	111	2:45:08
Finish	-	31:45	-	88	14:30	101	14:30	38.00	6:46:26	-	94	2:59:38	109	2:59:38