



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Kristine Os

□□: Gti Friidrettsklubb

□□: 110

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 6:19:21

□□: 6.01 km/h

□□□□: 9:59 min/km

□□□□□: 91 (of 143)

□□□□□□: 3:46:48

□□□□□: 12(of 25)

□□□□□□□: 4:52:24

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | □□ |
|-------------|----------|-----------------|---------|---------|-----------|-----------|---------|-------|---------|----|----|---------|-----|---------|
| Dale | - | 1:32:27 | - | 12 | 21:51 | 113 | 35:05 | - | 1:32:27 | - | 12 | 21:51 | 113 | 35:05 |
| Hogstad | - | 1:15:40 | - | 13 | 20:14 | 106 | 30:46 | - | 2:48:07 | - | 12 | 42:05 | 105 | 1:05:51 |
| Storaberget | - | 31:28 | - | 11 | 6:28 | 84 | 12:03 | - | 3:19:35 | - | 13 | 48:30 | 106 | 1:17:54 |
| Myland | - | 1:27:45 | - | 12 | 1:18:26 | 81 | 1:18:26 | - | 4:47:20 | - | 14 | 1:05:04 | 96 | 1:53:49 |
| Vårlivarde | - | 23:46 | - | 14 | 7:41 | 80 | 11:16 | - | 5:11:06 | - | 13 | 1:12:45 | 95 | 2:05:05 |
| Lauvås | - | 41:37 | - | 8 | 10:18 | 67 | 19:24 | - | 5:52:43 | - | 13 | 1:22:06 | 93 | 2:23:10 |
| Finish | - | 26:38 | - | 9 | 4:51 | 53 | 9:23 | 38.00 | 6:19:21 | - | 12 | 1:26:57 | 91 | 2:32:33 |