



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Jan Egil Gustafsson

□□□: 6:48:11

□□: 179

□□: 5.59 km/h

□□□□: 10:45 min/km

□□: 38.00 km

Trail Run

□□□□□: 110 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 95(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:23:14	-	68	25:52	74	25:52	-	1:23:14	-	68	25:52	74	25:52
Hogstad	-	1:13:31	-	86	28:37	98	28:37	-	2:36:45	-	77	54:29	85	54:29
Storaberget	-	31:28	-	74	12:03	84	12:03	-	3:08:13	-	77	1:06:32	85	1:06:32
Myland	-	1:39:48	-	94	47:58	110	1:30:29	-	4:48:01	-	85	1:54:30	99	1:54:30
Vårlivarde	-	29:24	-	106	16:54	123	16:54	-	5:17:25	-	87	2:11:24	100	2:11:24
Lauvås	-	54:54	-	105	32:41	120	32:41	-	6:12:19	-	95	2:42:46	109	2:42:46
Finish	-	35:52	-	105	18:37	121	18:37	38.00	6:48:11	-	95	3:01:23	110	3:01:23