



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Thomas Torjusen Lange

□□: Mississippi sti og sorpe laug

□□: 106

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:48:11

□□: 5.59 km/h

□□□□: 10:45 min/km

□□□□□: 110 (of 143)

□□□□□□: 3:46:48

□□□□□: 95(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:24:55	-	70	27:33	76	27:33	-	1:24:55	-	70	27:33	76	27:33
Hogstad	-	1:11:27	-	78	26:33	87	26:33	-	2:36:22	-	74	54:06	82	54:06
Storaberget	-	31:43	-	76	12:18	87	12:18	-	3:08:05	-	76	1:06:24	84	1:06:24
Myland	-	1:40:04	-	95	48:14	111	1:30:45	-	4:48:09	-	86	1:54:38	100	1:54:38
Vårlivarde	-	29:42	-	107	17:12	124	17:12	-	5:17:51	-	89	2:11:50	102	2:11:50
Lauvås	-	54:27	-	104	32:14	119	32:14	-	6:12:18	-	94	2:42:45	108	2:42:45
Finish	-	35:53	-	106	18:38	122	18:38	38.00	6:48:11	-	95	3:01:23	110	3:01:23