



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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**Kjetil Simonsen**

□□: Hommersåk Atletklubb

□□: 142

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 7:01:28

□□: 5.41 km/h

□□□□: 11:06 min/km

□□□□□: 115 (of 143)

□□□□□□: 3:46:48

□□□□□: 100(of 118)

□□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:40:47	-	111	43:25	125	43:25	-	1:40:47	-	111	43:25	125	43:25
Hogstad	-	1:18:33	-	98	33:39	111	33:39	-	2:59:20	-	104	1:17:04	117	1:17:04
Storaberget	-	34:27	-	93	15:02	107	15:02	-	3:33:47	-	104	1:32:06	117	1:32:06
Myland	-	1:41:06	-	98	49:16	114	1:31:47	-	5:14:53	-	101	2:21:22	117	2:21:22
Vårlivarde	-	25:06	-	84	12:36	99	12:36	-	5:39:59	-	102	2:33:58	117	2:33:58
Lauvås	-	50:00	-	94	27:47	109	27:47	-	6:29:59	-	100	3:00:26	115	3:00:26
Finish	-	31:29	-	85	14:14	98	14:14	38.00	7:01:28	-	100	3:14:40	115	3:14:40