



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Ivar Nødland

□□: Gilja Brann & Redning

□□: 97

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 7:01:44

□□: 5.41 km/h

□□□□: 11:06 min/km

□□□□□: 116 (of 143)

□□□□□□: 3:46:48

□□□□□: 101 (of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:35:38	-	105	38:16	117	38:16	-	1:35:38	-	105	38:16	117	38:16
Hogstad	-	1:15:32	-	93	30:38	105	30:38	-	2:51:10	-	99	1:08:54	112	1:08:54
Storaberget	-	33:42	-	91	14:17	104	14:17	-	3:24:52	-	99	1:23:11	112	1:23:11
Myland	-	1:44:48	-	103	52:58	119	1:35:29	-	5:09:40	-	99	2:16:09	115	2:16:09
Vårlivarde	-	27:38	-	99	15:08	114	15:08	-	5:37:18	-	99	2:31:17	114	2:31:17
Lauvås	-	52:44	-	101	30:31	116	30:31	-	6:30:02	-	102	3:00:29	117	3:00:29
Finish	-	31:42	-	87	14:27	100	14:27	38.00	7:01:44	-	101	3:14:56	116	3:14:56