



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Daniel kvam

□□□: 7:09:43

□□: 109

□□: 5.31 km/h

□□□□: 11:19 min/km

□□: 38.00 km

Trail Run

□□□□□: 118 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 103(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:37:49	-	106	40:27	119	40:27	-	1:37:49	-	106	40:27	119	40:27
Hogstad	-	1:23:26	-	104	38:32	119	38:32	-	3:01:15	-	105	1:18:59	119	1:18:59
Storaberget	-	35:59	-	98	16:34	115	16:34	-	3:37:14	-	106	1:35:33	121	1:35:33
Myland	-	1:43:03	-	101	51:13	117	1:33:44	-	5:20:17	-	105	2:26:46	121	2:26:46
Vårlivarde	-	26:14	-	91	13:44	106	13:44	-	5:46:31	-	105	2:40:30	120	2:40:30
Lauvås	-	47:29	-	88	25:16	101	25:16	-	6:34:00	-	104	3:04:27	119	3:04:27
Finish	-	35:43	-	103	18:28	119	18:28	38.00	7:09:43	-	103	3:22:55	118	3:22:55