



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Marius Hegre

□□□: 7:09:44

□□: 71

□□: 5.31 km/h

□□□□: 11:19 min/km

□□: 38.00 km

Trail Run

□□□□□: 119 (of 143)

□□□□□□: 3:46:48

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□□□	□□ 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	-	35:58	-	97	16:33	114	16:33	-	3:37:13	-	105	1:35:32	120	1:35:32
Myland	-	1:42:00	-	99	50:10	115	1:32:41	-	5:19:13	-	104	2:25:42	120	2:25:42
Vårlivarde	-	27:16	-	98	14:46	113	14:46	-	5:46:29	-	104	2:40:28	119	2:40:28
Lauvås	-	47:30	-	89	25:17	102	25:17	-	6:33:59	-	103	3:04:26	118	3:04:26
Finish	-	35:45	-	104	18:30	120	18:30	38.00	7:09:44	-	104	3:22:56	119	3:22:56