



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Svein Gaute Hølestøl

□□: Rune J IL

□□: 131

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 7:28:23

□□: 5.08 km/h

□□□□: 11:48 min/km

□□□□□: 122 (of 143)

□□□□□□: 3:46:48

□□□□□: 107(of 118)

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:32:38	-	102	35:16	114	35:16	-	1:32:38	-	102	35:16	114	35:16
Hogstad	-	1:21:36	-	101	36:42	115	36:42	-	2:54:14	-	102	1:11:58	115	1:11:58
Storaberget	-	39:23	-	105	19:58	122	19:58	-	3:33:37	-	102	1:31:56	115	1:31:56
Myland	-	1:46:52	-	104	55:02	120	1:37:33	-	5:20:29	-	106	2:26:58	122	2:26:58
Vårlivarde	-	27:58	-	101	15:28	116	15:28	-	5:48:27	-	106	2:42:26	121	2:42:26
Lauvås	-	1:01:23	-	108	39:10	127	39:10	-	6:49:50	-	106	3:20:17	121	3:20:17
Finish	-	38:33	-	107	21:18	124	21:18	38.00	7:28:23	-	107	3:41:35	122	3:41:35