



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Tom Kenneth Meyer

□□□: 7:55:15

□□: 60

□□: 4.80 km/h

□□□□: 12:31 min/km

□□: 38.00 km

Trail Run

□□□□□: 124 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 108(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:49:34	-	117	52:12	134	52:12	-	1:49:34	-	117	52:12	134	52:12
Hogstad	-	1:37:02	-	112	52:08	129	52:08	-	3:26:36	-	112	1:44:20	129	1:44:20
Storaberget	-	36:48	-	100	17:23	117	17:23	-	4:03:24	-	111	2:01:43	128	2:01:43
Myland	-	1:49:57	-	106	58:07	123	1:40:38	-	5:53:21	-	109	2:59:50	125	2:59:50
Vårlivarde	-	28:14	-	102	15:44	118	15:44	-	6:21:35	-	109	3:15:34	125	3:15:34
Lauvås	-	1:00:21	-	106	38:08	124	38:08	-	7:21:56	-	109	3:52:23	125	3:52:23
Finish	-	33:19	-	96	16:04	110	16:04	38.00	7:55:15	-	108	4:08:27	124	4:08:27