



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Odd Harald Fostenes

□□□: 8:17:18

□□: 184

□□: 4.58 km/h

□□□□: 13:06 min/km

□□: 38.00 km

Trail Run

□□□□□: 127 (of 143)

□□□□□□: 3:46:48

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□□□□□: 110(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:37:50	-	108	40:28	121	40:28	-	1:37:50	-	108	40:28	121	40:28
Hogstad	-	1:33:33	-	111	48:39	128	48:39	-	3:11:23	-	109	1:29:07	125	1:29:07
Storaberget	-	48:21	-	112	28:56	136	28:56	-	3:59:44	-	110	1:58:03	126	1:58:03
Myland	-	2:00:50	-	110	1:09:00	128	1:51:31	-	6:00:34	-	111	3:07:03	128	3:07:03
Vårlivarde	-	29:59	-	108	17:29	125	17:29	-	6:30:33	-	111	3:24:32	128	3:24:32
Lauvås	-	1:07:35	-	109	45:22	130	45:22	-	7:38:08	-	111	4:08:35	128	4:08:35
Finish	-	39:10	-	108	21:55	126	21:55	38.00	8:17:18	-	110	4:30:30	127	4:30:30