



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Thomas Tønnesen

□□□: 8:17:18

□□: 133

□□: 4.58 km/h

□□□□: 13:06 min/km

□□: 38.00 km

Trail Run

□□□□□: 127 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:44:20	-	114	46:58	130	46:58	-	1:44:20	-	114	46:58	130	46:58
Hogstad	-	1:31:40	-	110	46:46	127	46:46	-	3:16:00	-	111	1:33:44	127	1:33:44
Storaberget	-	40:35	-	108	21:10	126	21:10	-	3:56:35	-	109	1:54:54	125	1:54:54
Myland	-	2:03:58	-	111	1:12:08	131	1:54:39	-	6:00:33	-	110	3:07:02	127	3:07:02
Vårlivarde	-	29:59	-	108	17:29	125	17:29	-	6:30:32	-	110	3:24:31	127	3:24:31
Lauvås	-	1:07:35	-	109	45:22	130	45:22	-	7:38:07	-	110	4:08:34	127	4:08:34
Finish	-	39:11	-	109	21:56	127	21:56	38.00	8:17:18	-	110	4:30:30	127	4:30:30