



# Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Bjarte Aanestad

□□□: 9:51:49

□□: 38

□□: - km/h

□□□□: 15:35 min/km

Enduro E Bike

□□□□□: 135 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 112(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Dale	-	2:04:27	-	118	1:07:05	141	1:07:05	-	2:04:27	-	118	1:07:05	141	1:07:05
Hogstad	-	1:45:42	-	113	1:00:48	137	1:00:48	-	3:50:09	-	113	2:07:53	137	2:07:53
Storaberget	-	47:01	-	111	27:36	134	27:36	-	4:37:10	-	112	2:35:29	135	2:35:29
Myland	-	2:36:48	-	112	1:44:58	136	2:27:29	-	7:13:58	-	112	4:20:27	135	4:20:27
Vårlivarde	-	33:18	-	112	20:48	130	20:48	-	7:47:16	-	112	4:41:15	135	4:41:15
Lauvås	-	1:20:14	-	112	58:01	136	58:01	-	9:07:30	-	112	5:37:57	135	5:37:57
Finish	-	44:19	-	111	27:04	135	27:04	-	9:51:49	-	112	6:05:01	135	6:05:01