



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Bjarte Aanestad

□□□: 9:51:49

□□: 38

□□: 3.85 km/h

□□□□: 15:35 min/km

□□: 38.00 km

Trail Run

□□□□□: 135 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ 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	38.00	9:51:49	-	112	6:05:01	135	6:05:01