



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Berit Asheim

□□□: 6:46:11

□□: 167

□□: 5.61 km/h

□□□□: 10:42 min/km

□□: 38.00 km

Trail Run

□□□□□: 108 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 15(of 25)

kvinne

□□□□□□□: 4:52:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:40:46	-	14	30:10	124	43:24	-	1:40:46	-	14	30:10	124	43:24
Hogstad	-	1:19:50	-	14	24:24	114	34:56	-	3:00:36	-	14	54:34	118	1:18:20
Storaberget	-	34:58	-	15	9:58	110	15:33	-	3:35:34	-	14	1:04:29	118	1:33:53
Myland	-	1:28:49	-	14	1:19:30	85	1:19:30	-	5:04:23	-	16	1:22:07	114	2:10:52
Vårlivarde	-	21:57	-	11	5:52	49	9:27	-	5:26:20	-	15	1:27:59	111	2:20:19
Lauvås	-	47:31	-	14	16:12	103	25:18	-	6:13:51	-	15	1:43:14	110	2:44:18
Finish	-	32:20	-	14	10:33	105	15:05	38.00	6:46:11	-	15	1:53:47	108	2:59:23