



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Bergliot Lekven

□□□: 7:41:47

□□: 75

□□: 4.94 km/h

□□□□: 12:10 min/km

□□: 38.00 km

Trail Run

□□□□□: 123 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 16(of 25)

kvinne

□□□□□□□: 4:52:24

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□□□

| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | | |
|-------------|----------|-----------------|---------|---------|-----------|-----------|-----------|------------------|---------|---------|-----------|-----------|-----|---------|
| Dale | - | 1:40:47 | - | 15 | 30:11 | 125 | 43:25 | - | 1:40:47 | - | 15 | 30:11 | 125 | 43:25 |
| Hogstad | - | 1:24:34 | - | 16 | 29:08 | 123 | 39:40 | - | 3:05:21 | - | 16 | 59:19 | 124 | 1:23:05 |
| Storaberget | - | 35:52 | - | 17 | 10:52 | 112 | 16:27 | - | 3:41:13 | - | 16 | 1:10:08 | 123 | 1:39:32 |
| Myland | - | 9:19 | - | 1 | - | 1 | - | - | 3:50:32 | - | 3 | 8:16 | 25 | 57:01 |
| Vårlivarde | - | 2:12:18 | - | 24 | 1:56:13 | 136 | 1:59:48 | - | 6:02:50 | - | 16 | 2:04:29 | 123 | 2:56:49 |
| Lauvås | - | 1:00:12 | - | 18 | 28:53 | 123 | 37:59 | - | 7:03:02 | - | 16 | 2:32:25 | 123 | 3:33:29 |
| Finish | - | 38:45 | - | 18 | 16:58 | 125 | 21:30 | 38.00 | 7:41:47 | - | 16 | 2:49:23 | 123 | 3:54:59 |