



# 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