



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Siri Lunde

□□: SUS BIL

□□: 57

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 7:55:41

□□: 4.79 km/h

□□□□: 12:32 min/km

□□□□□: 125 (of 143)

□□□□□□: 3:46:48

□□□□□: 17(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:49:31	-	17	38:55	133	52:09	-	1:49:31	-	17	38:55	133	52:09
Hogstad	-	1:38:40	-	22	43:14	134	53:46	-	3:28:11	-	19	1:22:09	131	1:45:55
Storaberget	-	35:22	-	16	10:22	111	15:57	-	4:03:33	-	18	1:32:28	129	2:01:52
Myland	-	1:49:49	-	17	1:40:30	122	1:40:30	-	5:53:22	-	17	2:11:06	126	2:59:51
Vårlivarde	-	28:25	-	17	12:20	120	15:55	-	6:21:47	-	17	2:23:26	126	3:15:46
Lauvås	-	1:00:10	-	17	28:51	122	37:57	-	7:21:57	-	17	2:51:20	126	3:52:24
Finish	-	33:44	-	15	11:57	113	16:29	38.00	7:55:41	-	17	3:03:17	125	4:08:53