



Mellomtider Riska TrailRun

Riska / 20.05.2017

0000

Anja Kristin Lindanger

000: 4:53:25

00: 151

00: 7.77 km/h

0000: 7:44 min/km

00: 38.00 km

Trail Run

00000: 11 (of 143)

000000: 3:46:48

0000:

00000: 2(of 25)

kvinne

0000000: 4:52:24

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| 000 | 00 | 00 | 00 | 00 | 00 | 00 | 00 | 000 | 000 | 000 | 00 | 00 | 00 | 00 |
|-------------|----|---------|--------|----|-------|-----|-------|-------|---------|--------|----|------|-----|---------|
| | km | 00 | min/km | - | - | 000 | 000 | km | 00 | min/km | - | - | 000 | 000 |
| Dale | - | 1:14:30 | - | 2 | 3:54 | 30 | 17:08 | - | 1:14:30 | - | 2 | 3:54 | 30 | 17:08 |
| Hogstad | - | 57:03 | - | 2 | 1:37 | 21 | 12:09 | - | 2:11:33 | - | 2 | 5:31 | 25 | 29:17 |
| Storaberget | - | 25:00 | - | 1 | - | 15 | 5:35 | - | 2:36:33 | - | 2 | 5:28 | 20 | 34:52 |
| Myland | - | 1:05:43 | - | 2 | 56:24 | 8 | 56:24 | - | 3:42:16 | - | 1 | - | 12 | 48:45 |
| Vårlivarde | - | 17:42 | - | 2 | 1:37 | 11 | 5:12 | - | 3:59:58 | - | 2 | 1:37 | 12 | 53:57 |
| Lauvås | - | 31:19 | - | 1 | - | 7 | 9:06 | - | 4:31:17 | - | 2 | 0:40 | 12 | 1:01:44 |
| Finish | - | 22:08 | - | 2 | 0:21 | 8 | 4:53 | 38.00 | 4:53:25 | - | 2 | 1:01 | 11 | 1:06:37 |