



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Trine Sunde Dahl

□□□: 8:47:30

□□: 30

□□: 4.32 km/h

□□□□: 13:53 min/km

□□: 38.00 km

Trail Run

□□□□□: 131 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 20(of 25)

kvinne

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	2:00:14	-	22	49:38	139	1:02:52	-	2:00:14	-	22	49:38	139	1:02:52
Hogstad	-	1:37:05	-	20	41:39	132	52:11	-	3:37:19	-	20	1:31:17	132	1:55:03
Storaberget	-	43:41	-	21	18:41	131	24:16	-	4:21:00	-	20	1:49:55	131	2:19:19
Myland	-	2:03:03	-	19	1:53:44	129	1:53:44	-	6:24:03	-	20	2:41:47	131	3:30:32
Vårlivarde	-	34:08	-	21	18:03	133	21:38	-	6:58:11	-	20	2:59:50	131	3:52:10
Lauvås	-	1:09:21	-	22	38:02	132	47:08	-	8:07:32	-	20	3:36:55	131	4:37:59
Finish	-	39:58	-	20	18:11	129	22:43	38.00	8:47:30	-	20	3:55:06	131	5:00:42