



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Dagny Håmsø

□□□: 8:55:34

□□: 154

□□: 4.26 km/h

□□□□: 14:06 min/km

□□: 38.00 km

Trail Run

□□□□□: 133 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 22(of 25)

kvinne

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:57:52	-	20	47:16	137	1:00:30	-	1:57:52	-	20	47:16	137	1:00:30
Hogstad	-	1:44:46	-	23	49:20	135	59:52	-	3:42:38	-	22	1:36:36	134	2:00:22
Storaberget	-	44:26	-	23	19:26	133	25:01	-	4:27:04	-	23	1:55:59	134	2:25:23
Myland	-	2:04:15	-	21	1:54:56	132	1:54:56	-	6:31:19	-	23	2:49:03	134	3:37:48
Vårlivarde	-	35:39	-	22	19:34	134	23:09	-	7:06:58	-	22	3:08:37	133	4:00:57
Lauvås	-	1:07:21	-	20	36:02	128	45:08	-	8:14:19	-	22	3:43:42	133	4:44:46
Finish	-	41:15	-	23	19:28	132	24:00	38.00	8:55:34	-	22	4:03:10	133	5:08:46