



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Berit Forberg Aanestad

□□□: 9:51:58

□□: 127

□□: 3.85 km/h

□□□□: 15:35 min/km

□□: 38.00 km

Trail Run

□□□□□: 136 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 24(of 25)

kvinne

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	2:04:29	-	24	53:53	142	1:07:07	-	2:04:29	-	24	53:53	142	1:07:07
Hogstad	-	1:45:43	-	25	50:17	138	1:00:49	-	3:50:12	-	25	1:44:10	138	2:07:56
Storaberget	-	47:16	-	24	22:16	135	27:51	-	4:37:28	-	24	2:06:23	136	2:35:47
Myland	-	2:36:35	-	24	2:27:16	135	2:27:16	-	7:14:03	-	24	3:31:47	136	4:20:32
Vårlivarde	-	33:35	-	19	17:30	131	21:05	-	7:47:38	-	24	3:49:17	136	4:41:37
Lauvås	-	1:20:08	-	24	48:49	135	57:55	-	9:07:46	-	24	4:37:09	136	5:38:13
Finish	-	44:12	-	24	22:25	133	26:57	38.00	9:51:58	-	24	4:59:34	136	6:05:10