



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Tom Erik Halvorsen

□□□: 3:46:48

□□: Gti Friidrettsklubb

□□: 10.05 km/h

□□: 12

□□□□: 5:59 min/km

□□: 38.00 km

Trail Run

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□□□□□□: 3:46:48

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Dale	-	57:22	-	1	-	1	-	57:22	-	1	-	1	-	
Hogstad	-	44:54	-	1	-	1	-	1:42:16	-	1	-	1	-	
Storaberget	-	19:25	-	1	-	1	-	2:01:41	-	1	-	1	-	
Myland	-	51:50	-	1	-	2	42:31	2:53:31	-	1	-	1	-	
Vårlivarde	-	12:30	-	1	-	1	-	3:06:01	-	1	-	1	-	
Lauvås	-	23:32	-	2	1:19	2	1:19	3:29:33	-	1	-	1	-	
Finish	-	17:15	-	1	-	1	-	38.00	3:46:48	-	1	-	1	-