



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Bjørn André Bolsøy

□□: Riska TrailRun

□□: 188

□□: 38.00 km

Trail Run

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mann

□□□: 4:33:36

□□: 8.33 km/h

□□□□: 7:12 min/km

□□□□□: 2 (of 143)

□□□□□□: 3:46:48

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Dale	-	1:03:36	-	3	6:14	3	6:14	-	1:03:36	-	3	6:14	3	6:14
Hogstad	-	52:04	-	3	7:10	3	7:10	-	1:55:40	-	2	13:24	2	13:24
Storaberget	-	22:51	-	6	3:26	6	3:26	-	2:18:31	-	2	16:50	2	16:50
Myland	-	1:00:58	-	2	9:08	3	51:39	-	3:19:29	-	2	25:58	2	25:58
Vårlivarde	-	17:39	-	9	5:09	10	5:09	-	3:37:08	-	2	31:07	2	31:07
Lauvås	-	31:27	-	8	9:14	9	9:14	-	4:08:35	-	3	39:02	3	39:02
Finish	-	25:01	-	23	7:46	29	7:46	38.00	4:33:36	-	2	46:48	2	46:48