



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## Stig Helge Westerheim

□□: Stord IL

□□: 50

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 4:36:26

□□: 8.25 km/h

□□□□: 7:17 min/km

□□□□□: 4 (of 143)

□□□□□□: 3:46:48

□□□□□: 4(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:06:21	-	7	8:59	7	8:59	-	1:06:21	-	7	8:59	7	8:59
Hogstad	-	52:32	-	5	7:38	5	7:38	-	1:58:53	-	4	16:37	4	16:37
Storaberget	-	22:12	-	3	2:47	3	2:47	-	2:21:05	-	3	19:24	3	19:24
Myland	-	1:06:02	-	7	14:12	9	56:43	-	3:27:07	-	4	33:36	4	33:36
Vårlivarde	-	16:09	-	5	3:39	6	3:39	-	3:43:16	-	3	37:15	3	37:15
Lauvås	-	30:05	-	3	7:52	3	7:52	-	4:13:21	-	4	43:48	4	43:48
Finish	-	23:05	-	12	5:50	14	5:50	38.00	4:36:26	-	4	49:38	4	49:38