



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Marjo Liikanen

□□: Lærdal Medical

□□: 149

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 5:14:00

□□: 7.26 km/h

□□□□: 8:16 min/km

□□□□□: 28 (of 143)

□□□□□□: 3:46:48

□□□□□: 3(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:19:29	-	4	8:53	60	22:07	-	1:19:29	-	4	8:53	60	22:07
Hogstad	-	1:00:03	-	3	4:37	39	15:09	-	2:19:32	-	3	13:30	50	37:16
Storaberget	-	27:40	-	4	2:40	44	8:15	-	2:47:12	-	3	16:07	50	45:31
Myland	-	1:09:19	-	3	1:00:00	17	1:00:00	-	3:56:31	-	4	14:15	33	1:03:00
Vårlivarde	-	20:14	-	5	4:09	31	7:44	-	4:16:45	-	3	18:24	32	1:10:44
Lauvås	-	33:10	-	3	1:51	19	10:57	-	4:49:55	-	3	19:18	29	1:20:22
Finish	-	24:05	-	4	2:18	20	6:50	38.00	5:14:00	-	3	21:36	28	1:27:12