



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Stian Tveten

□□: Skagerak Sportsklubb

□□: 125

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 4:38:54

□□: 8.17 km/h

□□□□: 7:21 min/km

□□□□□: 5 (of 143)

□□□□□□: 3:46:48

□□□□□: 5(of 118)

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Dale	-	1:07:55	-	12	10:33	12	10:33	-	1:07:55	-	12	10:33	12	10:33
Hogstad	-	51:53	-	2	6:59	2	6:59	-	1:59:48	-	6	17:32	6	17:32
Storaberget	-	22:12	-	3	2:47	3	2:47	-	2:22:00	-	4	20:19	4	20:19
Myland	-	1:05:06	-	5	13:16	6	55:47	-	3:27:06	-	3	33:35	3	33:35
Vårlivarde	-	16:44	-	7	4:14	8	4:14	-	3:43:50	-	4	37:49	4	37:49
Lauvås	-	32:54	-	14	10:41	16	10:41	-	4:16:44	-	5	47:11	5	47:11
Finish	-	22:10	-	7	4:55	9	4:55	38.00	4:38:54	-	5	52:06	5	52:06