



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## 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)

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| □□□         | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□<br>km | □□□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |    |       |
|-------------|----------|-----------------|---------|---------|-----------|-----------|-----------|------------------|---------|---------|-----------|-----------|----|-------|
| 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 |