



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Nils-Fredrik Winther-Kaland

□□□: 4:40:43

□□: Undheim il/Maksimer A/S

□□: 8.12 km/h

□□: 90

□□□□: 7:24 min/km

□□: 38.00 km

Trail Run

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:09:55	-	15	12:33	15	12:33	-	1:09:55	-	15	12:33	15	12:33
Hogstad	-	53:50	-	10	8:56	10	8:56	-	2:03:45	-	10	21:29	10	21:29
Storaberget	-	24:13	-	10	4:48	10	4:48	-	2:27:58	-	10	26:17	10	26:17
Myland	-	1:04:57	-	4	13:07	5	55:38	-	3:32:55	-	8	39:24	8	39:24
Vårlivarde	-	15:37	-	4	3:07	4	3:07	-	3:48:32	-	6	42:31	6	42:31
Lauvås	-	30:57	-	4	8:44	4	8:44	-	4:19:29	-	6	49:56	6	49:56
Finish	-	21:14	-	3	3:59	3	3:59	38.00	4:40:43	-	6	53:55	6	53:55