



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Fredrik Askeland

□□□: 4:43:16

□□: 49

□□: 8.05 km/h

□□□□: 7:28 min/km

□□: 38.00 km

Trail Run

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□□□□□□: 3:46:48

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Dale	-	1:02:08	-	2	4:46	2	4:46	-	1:02:08	-	2	4:46	2	4:46
Hogstad	-	1:02:26	-	51	17:32	55	17:32	-	2:04:34	-	13	22:18	13	22:18
Storaberget	-	24:54	-	12	5:29	12	5:29	-	2:29:28	-	12	27:47	12	27:47
Myland	-	1:03:32	-	3	11:42	4	54:13	-	3:33:00	-	9	39:29	9	39:29
Vårlivarde	-	15:33	-	3	3:03	3	3:03	-	3:48:33	-	7	42:32	7	42:32
Lauvås	-	30:57	-	4	8:44	4	8:44	-	4:19:30	-	7	49:57	7	49:57
Finish	-	23:46	-	15	6:31	17	6:31	38.00	4:43:16	-	8	56:28	8	56:28