



# Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

**Kenneth Westerheim**

□□: Stord allianselag

□□: 115

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 4:55:55

□□: 7.70 km/h

□□□□: 7:48 min/km

□□□□□: 12 (of 143)

□□□□□□: 3:46:48

□□□□□: 10(of 118)

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:05:06	-	4	7:44	4	7:44	-	1:05:06	-	4	7:44	4	7:44
Hogstad	-	53:50	-	10	8:56	10	8:56	-	1:58:56	-	5	16:40	5	16:40
Storaberget	-	25:16	-	16	5:51	18	5:51	-	2:24:12	-	8	22:31	8	22:31
Myland	-	1:10:57	-	17	19:07	20	1:01:38	-	3:35:09	-	10	41:38	10	41:38
Vårlivarde	-	18:59	-	19	6:29	22	6:29	-	3:54:08	-	10	48:07	10	48:07
Lauvås	-	36:21	-	25	14:08	28	14:08	-	4:30:29	-	10	1:00:56	10	1:00:56
Finish	-	25:26	-	32	8:11	38	8:11	38.00	4:55:55	-	10	1:09:07	12	1:09:07