



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Kristian Haarr

□□: Ganddal IL

□□: 120

□□: 38.00 km

Trail Run

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mann

□□□: 4:59:46

□□: 7.61 km/h

□□□□: 7:54 min/km

□□□□□: 14 (of 143)

□□□□□□: 3:46:48

□□□□□: 12(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:14:49	-	33	17:27	35	17:27	-	1:14:49	-	33	17:27	35	17:27
Hogstad	-	55:58	-	17	11:04	18	11:04	-	2:10:47	-	20	28:31	21	28:31
Storaberget	-	26:38	-	32	7:13	34	7:13	-	2:37:25	-	23	35:44	25	35:44
Myland	-	1:08:00	-	11	16:10	13	58:41	-	3:45:25	-	16	51:54	18	51:54
Vårlivarde	-	18:51	-	17	6:21	20	6:21	-	4:04:16	-	18	58:15	20	58:15
Lauvås	-	31:16	-	6	9:03	6	9:03	-	4:35:32	-	12	1:05:59	14	1:05:59
Finish	-	24:14	-	17	6:59	21	6:59	38.00	4:59:46	-	12	1:12:58	14	1:12:58