



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Kjetil Fjelde

□□□: 5:00:35

□□: 124

□□: 7.59 km/h

□□□□: 7:55 min/km

□□: 38.00 km

Trail Run

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□□□□□□: 3:46:48

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Dale	-	1:06:18	-	6	8:56	6	8:56	-	1:06:18	-	6	8:56	6	8:56
Hogstad	-	52:24	-	4	7:30	4	7:30	-	1:58:42	-	3	16:26	3	16:26
Storaberget	-	27:27	-	39	8:02	42	8:02	-	2:26:09	-	9	24:28	9	24:28
Myland	-	1:16:11	-	31	24:21	35	1:06:52	-	3:42:20	-	12	48:49	14	48:49
Vårlivarde	-	19:58	-	25	7:28	29	7:28	-	4:02:18	-	12	56:17	14	56:17
Lauvås	-	32:50	-	13	10:37	15	10:37	-	4:35:08	-	11	1:05:35	13	1:05:35
Finish	-	25:27	-	33	8:12	39	8:12	38.00	5:00:35	-	13	1:13:47	15	1:13:47