



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Samantha Claire Brough

□□: Stavanger triatlon klubb

□□: 10

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 5:33:03

□□: 6.85 km/h

□□□□: 8:46 min/km

□□□□□: 46 (of 143)

□□□□□□: 3:46:48

□□□□□: 4(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:23:12	-	6	12:36	73	25:50	-	1:23:12	-	6	12:36	73	25:50
Hogstad	-	1:02:29	-	5	7:03	56	17:35	-	2:25:41	-	5	19:39	64	43:25
Storaberget	-	26:46	-	3	1:46	36	7:21	-	2:52:27	-	4	21:22	58	50:46
Myland	-	1:18:36	-	5	1:09:17	43	1:09:17	-	4:11:03	-	5	28:47	55	1:17:32
Vårlivarde	-	17:54	-	3	1:49	13	5:24	-	4:28:57	-	4	30:36	51	1:22:56
Lauvås	-	39:17	-	6	7:58	49	17:04	-	5:08:14	-	4	37:37	48	1:38:41
Finish	-	24:49	-	6	3:02	28	7:34	38.00	5:33:03	-	4	40:39	46	1:46:15