



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Jim Werner Amdal

□□□: 5:01:50

□□: 9

□□: 7.55 km/h

□□□□: 7:57 min/km

□□: 38.00 km

Trail Run

□□□□□: 17 (of 143)

□□□□□□: 3:46:48

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Dale	-	1:11:30	-	18	14:08	19	14:08	-	1:11:30	-	18	14:08	19	14:08
Hogstad	-	57:31	-	21	12:37	23	12:37	-	2:09:01	-	17	26:45	18	26:45
Storaberget	-	27:28	-	40	8:03	43	8:03	-	2:36:29	-	18	34:48	19	34:48
Myland	-	1:08:34	-	14	16:44	16	59:15	-	3:45:03	-	14	51:32	16	51:32
Vårlivarde	-	18:07	-	12	5:37	15	5:37	-	4:03:10	-	13	57:09	15	57:09
Lauvås	-	32:24	-	12	10:11	14	10:11	-	4:35:34	-	15	1:06:01	17	1:06:01
Finish	-	26:16	-	40	9:01	48	9:01	38.00	5:01:50	-	15	1:15:02	17	1:15:02