



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Rasmus Runar Espeland

□□□: 5:02:34

□□: Voll IL

□□: 7.54 km/h

□□: 102

□□□□: 7:58 min/km

□□: 38.00 km

Trail Run

□□□□□: 18 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:16:44	-	46	19:22	48	19:22	-	1:16:44	-	46	19:22	48	19:22
Hogstad	-	55:46	-	14	10:52	15	10:52	-	2:12:30	-	28	30:14	30	30:14
Storaberget	-	25:57	-	23	6:32	25	6:32	-	2:38:27	-	27	36:46	29	36:46
Myland	-	1:07:34	-	10	15:44	12	58:15	-	3:46:01	-	19	52:30	21	52:30
Vårlivarde	-	17:23	-	8	4:53	9	4:53	-	4:03:24	-	15	57:23	17	57:23
Lauvås	-	34:07	-	18	11:54	21	11:54	-	4:37:31	-	17	1:07:58	19	1:07:58
Finish	-	25:03	-	25	7:48	31	7:48	38.00	5:02:34	-	16	1:15:46	18	1:15:46