



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 |