



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Marius Hop

□□: STRIK

□□: 157

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:03:12

□□: 7.52 km/h

□□□□: 7:59 min/km

□□□□□: 19 (of 143)

□□□□□□: 3:46:48

□□□□□: 17(of 118)

□□□□□□□: 3:46:48

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ | |
|-------------|----------|-----------------|---------|---------|-----------|-----------|-------|-------|---------|---------|---------|-----------|-----------|---------|
| Dale | - | 1:14:58 | - | 37 | 17:36 | 39 | 17:36 | - | 1:14:58 | - | 37 | 17:36 | 39 | 17:36 |
| Hogstad | - | 55:57 | - | 16 | 11:03 | 17 | 11:03 | - | 2:10:55 | - | 21 | 28:39 | 22 | 28:39 |
| Storaberget | - | 26:35 | - | 30 | 7:10 | 32 | 7:10 | - | 2:37:30 | - | 24 | 35:49 | 26 | 35:49 |
| Myland | - | 1:08:05 | - | 12 | 16:15 | 14 | 58:46 | - | 3:45:35 | - | 18 | 52:04 | 20 | 52:04 |
| Vårlivarde | - | 19:25 | - | 23 | 6:55 | 26 | 6:55 | - | 4:05:00 | - | 20 | 58:59 | 22 | 58:59 |
| Lauvås | - | 33:11 | - | 17 | 10:58 | 20 | 10:58 | - | 4:38:11 | - | 18 | 1:08:38 | 20 | 1:08:38 |
| Finish | - | 25:01 | - | 23 | 7:46 | 29 | 7:46 | 38.00 | 5:03:12 | - | 17 | 1:16:24 | 19 | 1:16:24 |