



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Arvid Gilje

□□: GB Bygg AS

□□: 185

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:04:15

□□: 7.49 km/h

□□□□: 8:01 min/km

□□□□□: 20 (of 143)

□□□□□□: 3:46:48

□□□□□: 18(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:07:49	-	11	10:27	11	10:27	-	1:07:49	-	11	10:27	11	10:27
Hogstad	-	56:11	-	18	11:17	19	11:17	-	2:04:00	-	11	21:44	11	21:44
Storaberget	-	24:30	-	11	5:05	11	5:05	-	2:28:30	-	11	26:49	11	26:49
Myland	-	1:12:55	-	23	21:05	27	1:03:36	-	3:41:25	-	11	47:54	11	47:54
Vårlivarde	-	18:55	-	18	6:25	21	6:25	-	4:00:20	-	11	54:19	13	54:19
Lauvås	-	35:12	-	19	12:59	22	12:59	-	4:35:32	-	12	1:05:59	14	1:05:59
Finish	-	28:43	-	70	11:28	81	11:28	38.00	5:04:15	-	18	1:17:27	20	1:17:27