



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Frode Nebell

□□□: 5:06:07

□□: 189

□□: 7.45 km/h

□□□□: 8:04 min/km

□□: 38.00 km

Trail Run

□□□□□: 21 (of 143)

□□□□□□: 3:46:48

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Dale	-	1:15:18	-	38	17:56	40	17:56	-	1:15:18	-	38	17:56	40	17:56
Hogstad	-	58:09	-	28	13:15	30	13:15	-	2:13:27	-	30	31:11	32	31:11
Storaberget	-	24:58	-	13	5:33	13	5:33	-	2:38:25	-	26	36:44	28	36:44
Myland	-	1:10:27	-	16	18:37	19	1:01:08	-	3:48:52	-	22	55:21	24	55:21
Vårlivarde	-	19:13	-	21	6:43	24	6:43	-	4:08:05	-	23	1:02:04	25	1:02:04
Lauvås	-	36:09	-	21	13:56	24	13:56	-	4:44:14	-	20	1:14:41	22	1:14:41
Finish	-	21:53	-	5	4:38	6	4:38	38.00	5:06:07	-	19	1:19:19	21	1:19:19