



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Eirik Hanssen

□□: Toppidrettsgymnaset i Telemark

□□: 175

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:09:49

□□: 7.36 km/h

□□□□: 8:10 min/km

□□□□□: 23 (of 143)

□□□□□□: 3:46:48

□□□□□: 21(of 118)

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:14:46	-	32	17:24	34	17:24	-	1:14:46	-	32	17:24	34	17:24
Hogstad	-	1:00:37	-	41	15:43	44	15:43	-	2:15:23	-	37	33:07	39	33:07
Storaberget	-	22:19	-	5	2:54	5	2:54	-	2:37:42	-	25	36:01	27	36:01
Myland	-	1:12:50	-	22	21:00	26	1:03:31	-	3:50:32	-	23	57:01	25	57:01
Vårlivarde	-	15:18	-	2	2:48	2	2:48	-	4:05:50	-	21	59:49	23	59:49
Lauvås	-	38:37	-	38	16:24	42	16:24	-	4:44:27	-	22	1:14:54	24	1:14:54
Finish	-	25:22	-	30	8:07	36	8:07	38.00	5:09:49	-	21	1:23:01	23	1:23:01