



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Fredrik Svendal

□□□: 5:10:04

□□: 63

□□: 7.35 km/h

□□□□: 8:10 min/km

□□: 38.00 km

Trail Run

□□□□□: 25 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:11:23	-	17	14:01	18	14:01	-	1:11:23	-	17	14:01	18	14:01
Hogstad	-	52:42	-	6	7:48	6	7:48	-	2:04:05	-	12	21:49	12	21:49
Storaberget	-	25:41	-	19	6:16	21	6:16	-	2:29:46	-	13	28:05	13	28:05
Myland	-	1:13:53	-	27	22:03	31	1:04:34	-	3:43:39	-	13	50:08	15	50:08
Vårlivarde	-	20:29	-	28	7:59	33	7:59	-	4:04:08	-	16	58:07	18	58:07
Lauvås	-	40:18	-	52	18:05	59	18:05	-	4:44:26	-	21	1:14:53	23	1:14:53
Finish	-	25:38	-	34	8:23	41	8:23	38.00	5:10:04	-	23	1:23:16	25	1:23:16