



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Lasse Røsvik

□□: Sinnatrimmen

□□: 66

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:13:18

□□: 7.28 km/h

□□□□: 8:15 min/km

□□□□□: 27 (of 143)

□□□□□□: 3:46:48

□□□□□: 25(of 118)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:14:51	-	35	17:29	37	17:29	-	1:14:51	-	35	17:29	37	17:29
Hogstad	-	58:07	-	26	13:13	28	13:13	-	2:12:58	-	29	30:42	31	30:42
Storaberget	-	25:51	-	20	6:26	22	6:26	-	2:38:49	-	32	37:08	34	37:08
Myland	-	1:11:52	-	18	20:02	22	1:02:33	-	3:50:41	-	24	57:10	27	57:10
Vårlivarde	-	20:40	-	29	8:10	34	8:10	-	4:11:21	-	24	1:05:20	26	1:05:20
Lauvås	-	36:19	-	24	14:06	27	14:06	-	4:47:40	-	24	1:18:07	26	1:18:07
Finish	-	25:38	-	34	8:23	41	8:23	38.00	5:13:18	-	25	1:26:30	27	1:26:30