



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Morten Sirevåg

□□□: 5:18:50

□□: 180

□□: 7.15 km/h

□□□□: 8:24 min/km

□□: 38.00 km

Trail Run

□□□□□: 31 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:13:41	-	25	16:19	26	16:19	-	1:13:41	-	25	16:19	26	16:19
Hogstad	-	58:20	-	31	13:26	33	13:26	-	2:12:01	-	25	29:45	27	29:45
Storaberget	-	26:30	-	27	7:05	29	7:05	-	2:38:31	-	29	36:50	31	36:50
Myland	-	1:13:15	-	24	21:25	28	1:03:56	-	3:51:46	-	26	58:15	29	58:15
Vårlivarde	-	21:31	-	35	9:01	43	9:01	-	4:13:17	-	26	1:07:16	28	1:07:16
Lauvås	-	38:51	-	41	16:38	45	16:38	-	4:52:08	-	28	1:22:35	31	1:22:35
Finish	-	26:42	-	47	9:27	56	9:27	38.00	5:18:50	-	28	1:32:02	31	1:32:02