



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Gustav Kjølberg

□□□: 5:20:14

□□: 103

□□: 7.12 km/h

□□□□: 8:26 min/km

□□: 38.00 km

Trail Run

□□□□□: 32 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:13:07	-	21	15:45	22	15:45	-	1:13:07	-	21	15:45	22	15:45
Hogstad	-	58:14	-	29	13:20	31	13:20	-	2:11:21	-	22	29:05	23	29:05
Storaberget	-	25:22	-	17	5:57	19	5:57	-	2:36:43	-	21	35:02	23	35:02
Myland	-	1:14:51	-	29	23:01	33	1:05:32	-	3:51:34	-	25	58:03	28	58:03
Vårlivarde	-	21:19	-	34	8:49	41	8:49	-	4:12:53	-	25	1:06:52	27	1:06:52
Lauvås	-	38:20	-	37	16:07	41	16:07	-	4:51:13	-	27	1:21:40	30	1:21:40
Finish	-	29:01	-	72	11:46	83	11:46	38.00	5:20:14	-	29	1:33:26	32	1:33:26