



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Herman Studsrød Henriksen

□□□: 5:22:13

□□: 82

□□: 7.08 km/h

□□□□: 8:29 min/km

□□: 38.00 km

Trail Run

□□□□□: 33 (of 143)

□□□□□□: 3:46:48

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□□□□□: 30(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:17:10	-	51	19:48	53	19:48	-	1:17:10	-	51	19:48	53	19:48
Hogstad	-	58:08	-	27	13:14	29	13:14	-	2:15:18	-	36	33:02	38	33:02
Storaberget	-	28:41	-	53	9:16	58	9:16	-	2:43:59	-	41	42:18	43	42:18
Myland	-	1:16:26	-	33	24:36	37	1:07:07	-	4:00:25	-	34	1:06:54	38	1:06:54
Vårlivarde	-	22:05	-	42	9:35	54	9:35	-	4:22:30	-	37	1:16:29	40	1:16:29
Lauvås	-	37:01	-	28	14:48	31	14:48	-	4:59:31	-	31	1:29:58	34	1:29:58
Finish	-	22:42	-	8	5:27	10	5:27	38.00	5:22:13	-	30	1:35:25	33	1:35:25