



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Tom Inge Moi-Vist

□□: SUS BIL

□□: 130

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:26:02

□□: 6.99 km/h

□□□□: 8:35 min/km

□□□□□: 34 (of 143)

□□□□□□: 3:46:48

□□□□□: 31(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:11:46	-	20	14:24	21	14:24	-	1:11:46	-	20	14:24	21	14:24
Hogstad	-	57:27	-	20	12:33	22	12:33	-	2:09:13	-	18	26:57	19	26:57
Storaberget	-	26:30	-	27	7:05	29	7:05	-	2:35:43	-	17	34:02	18	34:02
Myland	-	1:16:24	-	32	24:34	36	1:07:05	-	3:52:07	-	27	58:36	30	58:36
Vårlivarde	-	25:18	-	86	12:48	101	12:48	-	4:17:25	-	30	1:11:24	33	1:11:24
Lauvås	-	43:15	-	69	21:02	80	21:02	-	5:00:40	-	32	1:31:07	35	1:31:07
Finish	-	25:22	-	30	8:07	36	8:07	38.00	5:26:02	-	31	1:39:14	34	1:39:14