



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Lasse Asheim

□□□: 5:26:50

□□: 53

□□: 6.98 km/h

□□□□: 8:37 min/km

□□: 38.00 km

Trail Run

□□□□□: 36 (of 143)

□□□□□□: 3:46:48

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□□□□□: 33(of 118)

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ | |
|-------------|----------|-----------------|---------|---------|-----------|-----------|---------|-------|---------|---------|---------|-----------|-----------|---------|
| Dale | - | 1:16:47 | - | 48 | 19:25 | 50 | 19:25 | - | 1:16:47 | - | 48 | 19:25 | 50 | 19:25 |
| Hogstad | - | 59:46 | - | 34 | 14:52 | 36 | 14:52 | - | 2:16:33 | - | 42 | 34:17 | 44 | 34:17 |
| Storaberget | - | 27:24 | - | 37 | 7:59 | 40 | 7:59 | - | 2:43:57 | - | 40 | 42:16 | 42 | 42:16 |
| Myland | - | 1:16:57 | - | 34 | 25:07 | 38 | 1:07:38 | - | 4:00:54 | - | 36 | 1:07:23 | 40 | 1:07:23 |
| Vårlivarde | - | 21:15 | - | 32 | 8:45 | 39 | 8:45 | - | 4:22:09 | - | 35 | 1:16:08 | 38 | 1:16:08 |
| Lauvås | - | 39:58 | - | 50 | 17:45 | 57 | 17:45 | - | 5:02:07 | - | 35 | 1:32:34 | 38 | 1:32:34 |
| Finish | - | 24:43 | - | 22 | 7:28 | 27 | 7:28 | 38.00 | 5:26:50 | - | 33 | 1:40:02 | 36 | 1:40:02 |