



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Ingrid Østrem

□□□: 5:51:46

□□: 176

□□: 6.48 km/h

□□□□: 9:16 min/km

□□: 38.00 km

Trail Run

□□□□□: 65 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 6(of 25)

kvinne

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:27:07	-	7	16:31	91	29:45	-	1:27:07	-	7	16:31	91	29:45
Hogstad	-	1:01:29	-	4	6:03	50	16:35	-	2:28:36	-	7	22:34	70	46:20
Storaberget	-	28:01	-	5	3:01	49	8:36	-	2:56:37	-	6	25:32	66	54:56
Myland	-	1:26:04	-	10	1:16:45	74	1:16:45	-	4:22:41	-	8	40:25	66	1:29:10
Vårlivarde	-	21:29	-	8	5:24	42	8:59	-	4:44:10	-	7	45:49	65	1:38:09
Lauvås	-	43:12	-	11	11:53	79	20:59	-	5:27:22	-	7	56:45	65	1:57:49
Finish	-	24:24	-	5	2:37	24	7:09	38.00	5:51:46	-	6	59:22	65	2:04:58