



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Timothy Allaway

□□□: 5:27:52

□□: 15

□□: 6.95 km/h

□□□□: 8:38 min/km

□□: 38.00 km

Trail Run

□□□□□: 38 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:17:05	-	49	19:43	51	19:43	-	1:17:05	-	49	19:43	51	19:43
Hogstad	-	59:16	-	32	14:22	34	14:22	-	2:16:21	-	41	34:05	43	34:05
Storaberget	-	26:50	-	34	7:25	37	7:25	-	2:43:11	-	37	41:30	39	41:30
Myland	-	1:17:41	-	35	25:51	39	1:08:22	-	4:00:52	-	35	1:07:21	39	1:07:21
Vårlivarde	-	21:36	-	36	9:06	45	9:06	-	4:22:28	-	36	1:16:27	39	1:16:27
Lauvås	-	39:38	-	45	17:25	52	17:25	-	5:02:06	-	34	1:32:33	37	1:32:33
Finish	-	25:46	-	36	8:31	43	8:31	38.00	5:27:52	-	35	1:41:04	38	1:41:04