



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Rune Sævik

□□□: 5:28:05

□□: 21

□□: 6.95 km/h

□□□□: 8:39 min/km

□□: 38.00 km

Trail Run

□□□□□: 39 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:16:46	-	47	19:24	49	19:24	-	1:16:46	-	47	19:24	49	19:24
Hogstad	-	1:04:06	-	56	19:12	61	19:12	-	2:20:52	-	49	38:36	52	38:36
Storaberget	-	29:19	-	59	9:54	65	9:54	-	2:50:11	-	49	48:30	52	48:30
Myland	-	1:13:50	-	26	22:00	30	1:04:31	-	4:04:01	-	42	1:10:30	46	1:10:30
Vårlivarde	-	21:56	-	38	9:26	48	9:26	-	4:25:57	-	39	1:19:56	42	1:19:56
Lauvås	-	37:03	-	29	14:50	32	14:50	-	5:03:00	-	37	1:33:27	40	1:33:27
Finish	-	25:05	-	26	7:50	32	7:50	38.00	5:28:05	-	36	1:41:17	39	1:41:17