



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Ketil Helgevold

□□: Skjalg

□□: 161

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:28:12

□□: 6.95 km/h

□□□□: 8:39 min/km

□□□□□: 40 (of 143)

□□□□□□: 3:46:48

□□□□□: 37(of 118)

□□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:14:31	-	29	17:09	31	17:09	-	1:14:31	-	29	17:09	31	17:09
Hogstad	-	57:56	-	25	13:02	27	13:02	-	2:12:27	-	27	30:11	29	30:11
Storaberget	-	26:10	-	24	6:45	26	6:45	-	2:38:37	-	31	36:56	33	36:56
Myland	-	1:22:21	-	50	30:31	56	1:13:02	-	4:00:58	-	37	1:07:27	41	1:07:27
Vårlivarde	-	21:01	-	30	8:31	36	8:31	-	4:21:59	-	33	1:15:58	36	1:15:58
Lauvås	-	41:32	-	57	19:19	64	19:19	-	5:03:31	-	39	1:33:58	42	1:33:58
Finish	-	24:41	-	21	7:26	26	7:26	38.00	5:28:12	-	37	1:41:24	40	1:41:24