



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Arne Lima

□□: Bogafjell sykleklubb/Kruse Smith

□□: 17

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:28:47

□□: 6.93 km/h

□□□□: 8:40 min/km

□□□□□: 41 (of 143)

□□□□□□: 3:46:48

□□□□□: 38(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:18:56	-	55	21:34	57	21:34	-	1:18:56	-	55	21:34	57	21:34
Hogstad	-	1:02:09	-	49	17:15	53	17:15	-	2:21:05	-	50	38:49	53	38:49
Storaberget	-	29:00	-	56	9:35	62	9:35	-	2:50:05	-	48	48:24	51	48:24
Myland	-	1:13:40	-	25	21:50	29	1:04:21	-	4:03:45	-	39	1:10:14	43	1:10:14
Vårlivarde	-	22:03	-	41	9:33	53	9:33	-	4:25:48	-	38	1:19:47	41	1:19:47
Lauvås	-	37:11	-	31	14:58	34	14:58	-	5:02:59	-	36	1:33:26	39	1:33:26
Finish	-	25:48	-	37	8:33	44	8:33	38.00	5:28:47	-	38	1:41:59	41	1:41:59