



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Joachim De C. Knutsen

□□: Riska FK

□□: 92

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:29:49

□□: 6.91 km/h

□□□□: 8:41 min/km

□□□□□: 42 (of 143)

□□□□□□: 3:46:48

□□□□□: 39(of 118)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:08:10	-	13	10:48	13	10:48	-	1:08:10	-	13	10:48	13	10:48
Hogstad	-	57:40	-	23	12:46	25	12:46	-	2:05:50	-	14	23:34	14	23:34
Storaberget	-	30:45	-	71	11:20	81	11:20	-	2:36:35	-	20	34:54	22	34:54
Myland	-	1:27:10	-	69	35:20	79	1:17:51	-	4:03:45	-	39	1:10:14	43	1:10:14
Vårlivarde	-	23:01	-	61	10:31	73	10:31	-	4:26:46	-	42	1:20:45	45	1:20:45
Lauvås	-	36:57	-	27	14:44	30	14:44	-	5:03:43	-	42	1:34:10	45	1:34:10
Finish	-	26:06	-	38	8:51	46	8:51	38.00	5:29:49	-	39	1:43:01	42	1:43:01