



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Tor Albert Ersdal

□□: Skjalg

□□: 36

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:30:08

□□: 6.91 km/h

□□□□: 8:42 min/km

□□□□□: 43 (of 143)

□□□□□□: 3:46:48

□□□□□: 40(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:14:32	-	30	17:10	32	17:10	-	1:14:32	-	30	17:10	32	17:10
Hogstad	-	57:54	-	24	13:00	26	13:00	-	2:12:26	-	26	30:10	28	30:10
Storaberget	-	26:10	-	24	6:45	26	6:45	-	2:38:36	-	30	36:55	32	36:55
Myland	-	1:21:23	-	48	29:33	54	1:12:04	-	3:59:59	-	32	1:06:28	36	1:06:28
Vårlivarde	-	21:59	-	39	9:29	51	9:29	-	4:21:58	-	32	1:15:57	35	1:15:57
Lauvås	-	41:32	-	57	19:19	64	19:19	-	5:03:30	-	38	1:33:57	41	1:33:57
Finish	-	26:38	-	45	9:23	53	9:23	38.00	5:30:08	-	40	1:43:20	43	1:43:20