



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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## Årstein Skjæveland

□□: Sagene IF sykkel-Triatlon

□□: 74

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:30:14

□□: 6.90 km/h

□□□□: 8:42 min/km

□□□□□: 44 (of 143)

□□□□□□: 3:46:48

□□□□□: 41(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:13:34	-	23	16:12	24	16:12	-	1:13:34	-	23	16:12	24	16:12
Hogstad	-	1:00:07	-	37	15:13	40	15:13	-	2:13:41	-	31	31:25	33	31:25
Storaberget	-	28:17	-	46	8:52	51	8:52	-	2:41:58	-	35	40:17	37	40:17
Myland	-	1:18:05	-	38	26:15	42	1:08:46	-	4:00:03	-	33	1:06:32	37	1:06:32
Vårlivarde	-	22:02	-	40	9:32	52	9:32	-	4:22:05	-	34	1:16:04	37	1:16:04
Lauvås	-	40:00	-	51	17:47	58	17:47	-	5:02:05	-	33	1:32:32	36	1:32:32
Finish	-	28:09	-	61	10:54	72	10:54	38.00	5:30:14	-	41	1:43:26	44	1:43:26