



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Morten Helland

□□: RPIL

□□: 72

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:30:29

□□: 6.90 km/h

□□□□: 8:42 min/km

□□□□□: 45 (of 143)

□□□□□□: 3:46:48

□□□□□: 42(of 118)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:19:47	-	58	22:25	63	22:25	-	1:19:47	-	58	22:25	63	22:25
Hogstad	-	1:04:59	-	59	20:05	65	20:05	-	2:24:46	-	58	42:30	62	42:30
Storaberget	-	27:25	-	38	8:00	41	8:00	-	2:52:11	-	54	50:30	57	50:30
Myland	-	1:15:58	-	30	24:08	34	1:06:39	-	4:08:09	-	47	1:14:38	51	1:14:38
Vårlivarde	-	19:17	-	22	6:47	25	6:47	-	4:27:26	-	44	1:21:25	47	1:21:25
Lauvås	-	36:15	-	23	14:02	26	14:02	-	5:03:41	-	40	1:34:08	43	1:34:08
Finish	-	26:48	-	49	9:33	58	9:33	38.00	5:30:29	-	42	1:43:41	45	1:43:41