



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Ånund Olsen

□□□: 5:37:28

□□: 144

□□: 6.76 km/h

□□□□: 8:53 min/km

□□: 38.00 km

Trail Run

□□□□□: 49 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 45(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:17:08	-	50	19:46	52	19:46	-	1:17:08	-	50	19:46	52	19:46
Hogstad	-	1:09:36	-	72	24:42	80	24:42	-	2:26:44	-	60	44:28	66	44:28
Storaberget	-	29:50	-	63	10:25	70	10:25	-	2:56:34	-	60	54:53	65	54:53
Myland	-	1:19:23	-	40	27:33	45	1:10:04	-	4:15:57	-	55	1:22:26	60	1:22:26
Vårlivarde	-	22:30	-	50	10:00	62	10:00	-	4:38:27	-	55	1:32:26	59	1:32:26
Lauvås	-	37:09	-	30	14:56	33	14:56	-	5:15:36	-	49	1:46:03	53	1:46:03
Finish	-	21:52	-	4	4:37	5	4:37	38.00	5:37:28	-	45	1:50:40	49	1:50:40