



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Rasmus Danielsen Fjørtoft

□□□: 5:37:50

□□: 182

□□: 6.75 km/h

□□□□: 8:54 min/km

□□: 38.00 km

Trail Run

□□□□□: 50 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:15:53	-	41	18:31	43	18:31	-	1:15:53	-	41	18:31	43	18:31
Hogstad	-	59:59	-	36	15:05	38	15:05	-	2:15:52	-	38	33:36	40	33:36
Storaberget	-	29:07	-	57	9:42	63	9:42	-	2:44:59	-	45	43:18	47	43:18
Myland	-	1:20:58	-	45	29:08	50	1:11:39	-	4:05:57	-	45	1:12:26	49	1:12:26
Vårlivarde	-	22:27	-	46	9:57	58	9:57	-	4:28:24	-	46	1:22:23	49	1:22:23
Lauvås	-	40:34	-	54	18:21	61	18:21	-	5:08:58	-	45	1:39:25	49	1:39:25
Finish	-	28:52	-	71	11:37	82	11:37	38.00	5:37:50	-	46	1:51:02	50	1:51:02