



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Fredrik Hatlestad

□□: Qaualisoft

□□: 171

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:39:31

□□: 6.72 km/h

□□□□: 8:57 min/km

□□□□□: 51 (of 143)

□□□□□□: 3:46:48

□□□□□: 47(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:14:55	-	36	17:33	38	17:33	-	1:14:55	-	36	17:33	38	17:33
Hogstad	-	1:00:21	-	39	15:27	42	15:27	-	2:15:16	-	35	33:00	37	33:00
Storaberget	-	28:29	-	48	9:04	53	9:04	-	2:43:45	-	38	42:04	40	42:04
Myland	-	1:24:23	-	60	32:33	68	1:15:04	-	4:08:08	-	46	1:14:37	50	1:14:37
Vårlivarde	-	20:17	-	27	7:47	32	7:47	-	4:28:25	-	47	1:22:24	50	1:22:24
Lauvås	-	41:35	-	59	19:22	66	19:22	-	5:10:00	-	46	1:40:27	50	1:40:27
Finish	-	29:31	-	79	12:16	91	12:16	38.00	5:39:31	-	47	1:52:43	51	1:52:43