



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Cezary Edward Stramowski

□□□: 5:39:33

□□: Stavanger triatlon klubb

□□: 6.71 km/h

□□: 44

□□□□: 8:57 min/km

□□: 38.00 km

Trail Run

□□□□□: 52 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:13:11	-	22	15:49	23	15:49	-	1:13:11	-	22	15:49	23	15:49
Hogstad	-	1:01:32	-	47	16:38	51	16:38	-	2:14:43	-	34	32:27	36	32:27
Storaberget	-	26:26	-	26	7:01	28	7:01	-	2:41:09	-	34	39:28	36	39:28
Myland	-	1:23:05	-	55	31:15	62	1:13:46	-	4:04:14	-	43	1:10:43	47	1:10:43
Vårlivarde	-	26:02	-	88	13:32	103	13:32	-	4:30:16	-	48	1:24:15	52	1:24:15
Lauvås	-	46:02	-	83	23:49	96	23:49	-	5:16:18	-	51	1:46:45	55	1:46:45
Finish	-	23:15	-	14	6:00	16	6:00	38.00	5:39:33	-	48	1:52:45	52	1:52:45