



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Lars Helge Westerheim

□□□: 5:42:10

□□: Stord allianselag

□□: 6.66 km/h

□□: 26

□□□□: 9:01 min/km

□□: 38.00 km

Trail Run

□□□□□: 55 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 51(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Dale	-	1:16:30	-	44	19:08	46	19:08	-	1:16:30	-	44	19:08	46	19:08
Hogstad	-	1:01:11	-	46	16:17	49	16:17	-	2:17:41	-	46	35:25	48	35:25
Storaberget	-	29:26	-	60	10:01	66	10:01	-	2:47:07	-	47	45:26	49	45:26
Myland	-	1:24:56	-	63	33:06	71	1:15:37	-	4:12:03	-	52	1:18:32	57	1:18:32
Vårlivarde	-	25:16	-	85	12:46	100	12:46	-	4:37:19	-	52	1:31:18	56	1:31:18
Lauvås	-	38:14	-	36	16:01	40	16:01	-	5:15:33	-	48	1:46:00	52	1:46:00
Finish	-	26:37	-	44	9:22	52	9:22	38.00	5:42:10	-	51	1:55:22	55	1:55:22