



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Jan Nessa

□□□: 5:46:31

□□: 164

□□: 6.58 km/h

□□□□: 9:08 min/km

□□: 38.00 km

Trail Run

□□□□□: 59 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:16:41	-	45	19:19	47	19:19	-	1:16:41	-	45	19:19	47	19:19
Hogstad	-	1:00:37	-	41	15:43	44	15:43	-	2:17:18	-	43	35:02	45	35:02
Storaberget	-	29:38	-	61	10:13	68	10:13	-	2:46:56	-	46	45:15	48	45:15
Myland	-	1:21:14	-	47	29:24	52	1:11:55	-	4:08:10	-	48	1:14:39	52	1:14:39
Vårlivarde	-	22:30	-	50	10:00	62	10:00	-	4:30:40	-	49	1:24:39	53	1:24:39
Lauvås	-	47:18	-	87	25:05	100	25:05	-	5:17:58	-	54	1:48:25	59	1:48:25
Finish	-	28:33	-	66	11:18	77	11:18	38.00	5:46:31	-	54	1:59:43	59	1:59:43