



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Johanna Håland

□□: Bryne Triatlonklubb

□□: 134

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 6:06:02

□□: 6.23 km/h

□□□□: 9:38 min/km

□□□□□: 75 (of 143)

□□□□□□: 3:46:48

□□□□□: 8(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:27:11	-	9	16:35	93	29:49	-	1:27:11	-	9	16:35	93	29:49
Hogstad	-	1:08:02	-	8	12:36	76	23:08	-	2:35:13	-	8	29:11	79	52:57
Storaberget	-	28:47	-	6	3:47	60	9:22	-	3:04:00	-	8	32:55	76	1:02:19
Myland	-	1:28:08	-	13	1:18:49	82	1:18:49	-	4:32:08	-	9	49:52	77	1:38:37
Vårlivarde	-	21:57	-	11	5:52	49	9:27	-	4:54:05	-	8	55:44	74	1:48:04
Lauvås	-	44:19	-	13	13:00	86	22:06	-	5:38:24	-	8	1:07:47	76	2:08:51
Finish	-	27:38	-	10	5:51	64	10:23	38.00	6:06:02	-	8	1:13:38	75	2:19:14