



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Paul Hjelmervik

□□: Enter Trailers

□□: 114

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:51:40

□□: 6.48 km/h

□□□□: 9:16 min/km

□□□□□: 63 (of 143)

□□□□□□: 3:46:48

□□□□□: 58(of 118)

□□□□□□□: 3:46:48

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ | |
|-------------|----------|-----------------|---------|---------|-----------|-----------|---------|-------|---------|---------|---------|-----------|-----------|---------|
| Dale | - | 1:29:39 | - | 92 | 32:17 | 103 | 32:17 | - | 1:29:39 | - | 92 | 32:17 | 103 | 32:17 |
| Hogstad | - | 1:11:48 | - | 79 | 26:54 | 89 | 26:54 | - | 2:41:27 | - | 87 | 59:11 | 98 | 59:11 |
| Storaberget | - | 28:32 | - | 50 | 9:07 | 55 | 9:07 | - | 3:09:59 | - | 78 | 1:08:18 | 86 | 1:08:18 |
| Myland | - | 1:24:32 | - | 61 | 32:42 | 69 | 1:15:13 | - | 4:34:31 | - | 70 | 1:41:00 | 79 | 1:41:00 |
| Vårlivarde | - | 19:58 | - | 25 | 7:28 | 29 | 7:28 | - | 4:54:29 | - | 68 | 1:48:28 | 76 | 1:48:28 |
| Lauvås | - | 33:07 | - | 16 | 10:54 | 18 | 10:54 | - | 5:27:36 | - | 60 | 1:58:03 | 67 | 1:58:03 |
| Finish | - | 24:04 | - | 16 | 6:49 | 19 | 6:49 | 38.00 | 5:51:40 | - | 58 | 2:04:52 | 63 | 2:04:52 |