



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Per Inge Sommerseth

□□□: 5:53:40

□□: 91

□□: 6.45 km/h

□□□□: 9:19 min/km

□□: 38.00 km

Trail Run

□□□□□: 66 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 60(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:19:41	-	57	22:19	62	22:19	-	1:19:41	-	57	22:19	62	22:19
Hogstad	-	1:03:26	-	55	18:32	60	18:32	-	2:23:07	-	56	40:51	59	40:51
Storaberget	-	28:37	-	52	9:12	57	9:12	-	2:51:44	-	53	50:03	56	50:03
Myland	-	1:26:11	-	65	34:21	75	1:16:52	-	4:17:55	-	58	1:24:24	63	1:24:24
Vårlivarde	-	22:12	-	44	9:42	56	9:42	-	4:40:07	-	57	1:34:06	62	1:34:06
Lauvås	-	44:28	-	74	22:15	87	22:15	-	5:24:35	-	57	1:55:02	62	1:55:02
Finish	-	29:05	-	73	11:50	85	11:50	38.00	5:53:40	-	60	2:06:52	66	2:06:52