



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Eirik Duesten

□□: Gti Friidrettsklubb/Petrol

□□: 85

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 5:57:03

□□: 6.39 km/h

□□□□: 9:24 min/km

□□□□□: 68 (of 143)

□□□□□□: 3:46:48

□□□□□: 61(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Dale	-	1:21:54	-	65	24:32	70	24:32	-	1:21:54	-	65	24:32	70	24:32
Hogstad	-	1:06:07	-	62	21:13	68	21:13	-	2:28:01	-	63	45:45	69	45:45
Storaberget	-	30:21	-	66	10:56	74	10:56	-	2:58:22	-	61	56:41	68	56:41
Myland	-	1:29:10	-	75	37:20	89	1:19:51	-	4:27:32	-	62	1:34:01	70	1:34:01
Vårlivarde	-	23:05	-	62	10:35	74	10:35	-	4:50:37	-	61	1:44:36	68	1:44:36
Lauvås	-	39:26	-	44	17:13	51	17:13	-	5:30:03	-	61	2:00:30	68	2:00:30
Finish	-	27:00	-	50	9:45	59	9:45	38.00	5:57:03	-	61	2:10:15	68	2:10:15