



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Kenneth Løvik

□□: Gti Friidrettsklubb

□□: 23

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:00:03

□□: 6.33 km/h

□□□□: 9:29 min/km

□□□□□: 70 (of 143)

□□□□□□: 3:46:48

□□□□□: 63(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:20:11	-	59	22:49	64	22:49	-	1:20:11	-	59	22:49	64	22:49
Hogstad	-	1:02:32	-	52	17:38	57	17:38	-	2:22:43	-	54	40:27	57	40:27
Storaberget	-	28:56	-	55	9:31	61	9:31	-	2:51:39	-	52	49:58	55	49:58
Myland	-	1:31:05	-	79	39:15	94	1:21:46	-	4:22:44	-	59	1:29:13	67	1:29:13
Vårlivarde	-	22:25	-	45	9:55	57	9:55	-	4:45:09	-	59	1:39:08	66	1:39:08
Lauvås	-	45:08	-	76	22:55	89	22:55	-	5:30:17	-	63	2:00:44	70	2:00:44
Finish	-	29:46	-	81	12:31	93	12:31	38.00	6:00:03	-	63	2:13:15	70	2:13:15