



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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John Henrik Kirkeli

□□□: 6:01:55

□□: 121

□□: 6.30 km/h

□□□□: 9:32 min/km

□□: 38.00 km

Trail Run

□□□□□: 71 (of 143)

□□□□□□: 3:46:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Dale	-	1:20:49	-	61	23:27	66	23:27	-	1:20:49	-	61	23:27	66	23:27
Hogstad	-	1:08:22	-	70	23:28	78	23:28	-	2:29:11	-	65	46:55	72	46:55
Storaberget	-	35:53	-	96	16:28	113	16:28	-	3:05:04	-	69	1:03:23	77	1:03:23
Myland	-	1:30:29	-	78	38:39	93	1:21:10	-	4:35:33	-	72	1:42:02	81	1:42:02
Vårlivarde	-	24:46	-	78	12:16	93	12:16	-	5:00:19	-	74	1:54:18	82	1:54:18
Lauvås	-	36:30	-	26	14:17	29	14:17	-	5:36:49	-	67	2:07:16	74	2:07:16
Finish	-	25:06	-	27	7:51	33	7:51	38.00	6:01:55	-	64	2:15:07	71	2:15:07