



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Angelina Hjelleset

□□: Gti Friidrettsklubb

□□: 24

□□: 38.00 km

Trail Run

□□□□:

kvinne

□□□: 6:07:56

□□: 6.20 km/h

□□□□: 9:41 min/km

□□□□□: 78 (of 143)

□□□□□□: 3:46:48

□□□□□: 9(of 25)

□□□□□□□: 4:52:24

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:29:32	-	11	18:56	101	32:10	-	1:29:32	-	11	18:56	101	32:10
Hogstad	-	1:11:13	-	9	15:47	84	26:19	-	2:40:45	-	11	34:43	95	58:29
Storaberget	-	29:36	-	7	4:36	67	10:11	-	3:10:21	-	9	39:16	87	1:08:40
Myland	-	1:29:21	-	15	1:20:02	90	1:20:02	-	4:39:42	-	11	57:26	86	1:46:11
Vårlivarde	-	21:51	-	10	5:46	47	9:21	-	5:01:33	-	10	1:03:12	85	1:55:32
Lauvås	-	42:27	-	9	11:08	74	20:14	-	5:44:00	-	10	1:13:23	85	2:14:27
Finish	-	23:56	-	3	2:09	18	6:41	38.00	6:07:56	-	9	1:15:32	78	2:21:08