



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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**Morten Falkeid**

□□: SUS BIL

□□: 139

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:02:47

□□: 6.28 km/h

□□□□: 9:33 min/km

□□□□□: 73 (of 143)

□□□□□□: 3:46:48

□□□□□: 66(of 118)

□□□□□□□: 3:46:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:24:55	-	70	27:33	76	27:33	-	1:24:55	-	70	27:33	76	27:33
Hogstad	-	1:07:09	-	67	22:15	74	22:15	-	2:32:04	-	69	49:48	76	49:48
Storaberget	-	30:26	-	67	11:01	75	11:01	-	3:02:30	-	66	1:00:49	73	1:00:49
Myland	-	1:25:19	-	64	33:29	72	1:16:00	-	4:27:49	-	64	1:34:18	72	1:34:18
Vårlivarde	-	24:46	-	78	12:16	93	12:16	-	4:52:35	-	65	1:46:34	72	1:46:34
Lauvås	-	41:04	-	56	18:51	63	18:51	-	5:33:39	-	64	2:04:06	71	2:04:06
Finish	-	29:08	-	74	11:53	86	11:53	38.00	6:02:47	-	66	2:15:59	73	2:15:59