



# Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Kim Åke Sviland

□□□: 6:04:35

□□: 138

□□: 6.25 km/h

□□□□: 9:36 min/km

□□: 38.00 km

Trail Run

□□□□□: 74 (of 143)

□□□□□□: 3:46:48

□□□□:

□□□□□: 67(of 118)

mann

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□		
Dale	-	1:25:18	-	77	27:56	83	27:56	-	1:25:18	-	77	27:56	83	27:56
Hogstad	-	1:11:05	-	74	26:11	82	26:11	-	2:36:23	-	75	54:07	83	54:07
Storaberget	-	29:39	-	62	10:14	69	10:14	-	3:06:02	-	71	1:04:21	79	1:04:21
Myland	-	1:23:31	-	58	31:41	65	1:14:12	-	4:29:33	-	65	1:36:02	73	1:36:02
Vårlivarde	-	23:00	-	60	10:30	72	10:30	-	4:52:33	-	64	1:46:32	71	1:46:32
Lauvås	-	42:50	-	68	20:37	77	20:37	-	5:35:23	-	66	2:05:50	73	2:05:50
Finish	-	29:12	-	75	11:57	87	11:57	38.00	6:04:35	-	67	2:17:47	74	2:17:47