



Mellomtider Riska TrailRun

Riska / 20.05.2017

□□□□

Jostein Dirdal Jonassen

□□: Hommersåk IBK

□□: 46

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:07:57

□□: 6.20 km/h

□□□□: 9:41 min/km

□□□□□: 79 (of 143)

□□□□□□: 3:46:48

□□□□□: 70(of 118)

□□□□□□□: 3:46:48

□□□□

□□□□

□□□

□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:30:21	-	99	32:59	110	32:59	-	1:30:21	-	99	32:59	110	32:59
Hogstad	-	1:16:18	-	94	31:24	107	31:24	-	2:46:39	-	92	1:04:23	103	1:04:23
Storaberget	-	28:30	-	49	9:05	54	9:05	-	3:15:09	-	90	1:13:28	101	1:13:28
Myland	-	1:20:31	-	44	28:41	49	1:11:12	-	4:35:40	-	74	1:42:09	83	1:42:09
Vårlivarde	-	22:28	-	47	9:58	59	9:58	-	4:58:08	-	70	1:52:07	78	1:52:07
Lauvås	-	41:58	-	62	19:45	70	19:45	-	5:40:06	-	71	2:10:33	79	2:10:33
Finish	-	27:51	-	59	10:36	70	10:36	38.00	6:07:57	-	70	2:21:09	79	2:21:09