



# Mellomtider Riska TrailRun

Riska / 20.05.2017

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Ståle Dyrøy Jørgensen

□□□: 6:11:02

□□: 119

□□: 6.15 km/h

□□□□: 9:46 min/km

□□: 38.00 km

Trail Run

□□□□□: 83 (of 143)

□□□□□□: 3:46:48

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□□□□□: 73(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:30:03	-	98	32:41	109	32:41	-	1:30:03	-	98	32:41	109	32:41
Hogstad	-	1:10:44	-	73	25:50	81	25:50	-	2:40:47	-	85	58:31	96	58:31
Storaberget	-	31:53	-	77	12:28	89	12:28	-	3:12:40	-	86	1:10:59	97	1:10:59
Myland	-	1:22:56	-	53	31:06	60	1:13:37	-	4:35:36	-	73	1:42:05	82	1:42:05
Vårlivarde	-	22:33	-	54	10:03	66	10:03	-	4:58:09	-	71	1:52:08	79	1:52:08
Lauvås	-	41:50	-	61	19:37	69	19:37	-	5:39:59	-	70	2:10:26	78	2:10:26
Finish	-	31:03	-	84	13:48	96	13:48	38.00	6:11:02	-	73	2:24:14	83	2:24:14