



Mellomtider Riska TrailRun

Riska / 20.05.2017

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Pål Erland

□□: Gti Friidrettsklubb

□□: 37

□□: 38.00 km

Trail Run

□□□□:

mann

□□□: 6:14:44

□□: 6.08 km/h

□□□□: 9:52 min/km

□□□□□: 84 (of 143)

□□□□□□: 3:46:48

□□□□□: 74(of 118)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Dale	-	1:23:57	-	69	26:35	75	26:35	-	1:23:57	-	69	26:35	75	26:35
Hogstad	-	1:06:14	-	63	21:20	69	21:20	-	2:30:11	-	66	47:55	73	47:55
Storaberget	-	32:24	-	80	12:59	92	12:59	-	3:02:35	-	68	1:00:54	75	1:00:54
Myland	-	1:28:39	-	71	36:49	84	1:19:20	-	4:31:14	-	68	1:37:43	76	1:37:43
Vårlivarde	-	27:09	-	97	14:39	112	14:39	-	4:58:23	-	72	1:52:22	80	1:52:22
Lauvås	-	48:39	-	91	26:26	106	26:26	-	5:47:02	-	77	2:17:29	88	2:17:29
Finish	-	27:42	-	57	10:27	67	10:27	38.00	6:14:44	-	74	2:27:56	84	2:27:56