



# 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)

□□□□□□□: 3:46:48

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| □□□         | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□     | □□□   | □□□     | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |         |
|-------------|----------|-----------------|---------|---------|-----------|-----------|---------|-------|---------|---------|---------|-----------|-----------|---------|
| 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 |