



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Simon Leary

Total time: 6:18:12

Number: 52

Speed: 6.03 km/h

Running performance: 9:58 min/km

Course: 38.00 km

Trail Run

Rank in course: 87 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 76(of 118)

mann

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Dale	-	1:25:13	-	75	27:51	81	27:51	-	1:25:13	-	75	27:51	81	27:51	
Hogstad	-	1:14:41	-	89	29:47	101	29:47	-	2:39:54	-	82	57:38	92	57:38	
Storaberget	-	32:32	-	83	13:07	95	13:07	-	3:12:26	-	85	1:10:45	96	1:10:45	
Myland	-	1:31:29	-	81	39:39	96	1:22:10	-	4:43:55	-	80	1:50:24	92	1:50:24	
Vårlivarde	-	23:23	-	65	10:53	77	10:53	-	5:07:18	-	79	2:01:17	91	2:01:17	
Lauvås	-	42:43	-	67	20:30	76	20:30	-	5:50:01	-	79	2:20:28	90	2:20:28	
Finish	-	28:11	-	62	10:56	73	10:56	38.00	6:18:12	-	76	2:31:24	87	2:31:24	