



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Jan Erik Lyngstad

Club: Tempo

Number: 160

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:18:18

Speed: 6.03 km/h

Running performance: 9:58 min/km

Rank in course: 88 (of 143)

Best time in course: 3:46:48

Rank in category: 77(of 118)

Best time in the category: 3:46:48

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total
						Pos	Behind	Total	Time	Total	min/km				
Dale	-	1:29:43	-	95	32:21	106	32:21	-	1:29:43	-	95	32:21	106	32:21	
Hogstad	-	1:11:13	-	76	26:19	84	26:19	-	2:40:56	-	86	58:40	97	58:40	
Storaberget	-	30:17	-	64	10:52	72	10:52	-	3:11:13	-	81	1:09:32	91	1:09:32	
Myland	-	1:28:57	-	73	37:07	87	1:19:38	-	4:40:10	-	77	1:46:39	88	1:46:39	
Vårlivarde	-	23:47	-	67	11:17	81	11:17	-	5:03:57	-	77	1:57:56	88	1:57:56	
Lauvås	-	42:24	-	65	20:11	73	20:11	-	5:46:21	-	76	2:16:48	87	2:16:48	
Finish	-	31:57	-	89	14:42	102	14:42	38.00	6:18:18	-	77	2:31:30	88	2:31:30	