



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

### Håvar Eiane Skretting

Club: Spirit/statoil BIL

Number: 58

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:18:43

Speed: 6.02 km/h

Running performance: 9:58 min/km

Rank in course: 89 (of 143)

Best time in course: 3:46:48

Rank in category: 78(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:22:30	-	67	25:08	72	25:08	-	1:22:30	-	67	25:08	72	25:08
Hogstad	-	1:12:27	-	83	27:33	95	27:33	-	2:34:57	-	70	52:41	77	52:41
Storaberget	-	33:04	-	90	13:39	102	13:39	-	3:08:01	-	75	1:06:20	83	1:06:20
Myland	-	1:35:55	-	83	44:05	99	1:26:36	-	4:43:56	-	81	1:50:25	93	1:50:25
Vårlivarde	-	23:25	-	66	10:55	79	10:55	-	5:07:21	-	80	2:01:20	92	2:01:20
Lauvås	-	42:01	-	63	19:48	71	19:48	-	5:49:22	-	78	2:19:49	89	2:19:49
Finish	-	29:21	-	77	12:06	89	12:06	38.00	6:18:43	-	78	2:31:55	89	2:31:55