



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Håvard Degnes

Total time: 6:21:44

Number: 181

Speed: 5.97 km/h

Running performance: 10:03 min/km

Course: 38.00 km

Trail Run

Rank in course: 92 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 80(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 ranking			
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:25:16	-	76	27:54	82	27:54	-	1:25:16	-	76	27:54	82	27:54
Hogstad	-	1:11:11	-	75	26:17	83	26:17	-	2:36:27	-	76	54:11	84	54:11
Storaberget	-	31:32	-	75	12:07	86	12:07	-	3:07:59	-	74	1:06:18	82	1:06:18
Myland	-	1:33:59	-	82	42:09	98	1:24:40	-	4:41:58	-	78	1:48:27	90	1:48:27
Vårlivarde	-	23:51	-	70	11:21	84	11:21	-	5:05:49	-	78	1:59:48	90	1:59:48
Lauvås	-	44:17	-	73	22:04	85	22:04	-	5:50:06	-	80	2:20:33	91	2:20:33
Finish	-	31:38	-	86	14:23	99	14:23	38.00	6:21:44	-	80	2:34:56	92	2:34:56