



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Aleksander Joa Haga

Number: 150

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:30:40

Speed: 5.84 km/h

Running performance: 10:17 min/km

Rank in course: 97 (of 143)

Best time in course: 3:46:48

Rank in category: 84(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		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Dale	-	1:26:54	-	84	29:32	90	29:32	-	1:26:54	-	84	29:32	90	29:32	
Hogstad	-	1:13:38	-	87	28:44	99	28:44	-	2:40:32	-	84	58:16	94	58:16	
Storaberget	-	31:01	-	72	11:36	82	11:36	-	3:11:33	-	82	1:09:52	92	1:09:52	
Myland	-	1:40:39	-	96	48:49	112	1:31:20	-	4:52:12	-	88	1:58:41	102	1:58:41	
Vårlivarde	-	24:54	-	80	12:24	95	12:24	-	5:17:06	-	85	2:11:05	98	2:11:05	
Lauvås	-	45:53	-	81	23:40	94	23:40	-	6:02:59	-	86	2:33:26	100	2:33:26	
Finish	-	27:41	-	55	10:26	65	10:26	38.00	6:30:40	-	84	2:43:52	97	2:43:52	