



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Janne S Myrland

Number: 70

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 6:16:05

Speed: 6.06 km/h

Running performance: 9:54 min/km

Rank in course: 86 (of 143)

Best time in course: 3:46:48

Rank in category: 11(of 25)

Best time in the category: 4:52:24

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.	Pos Total	Behind Total	
						Pos Total	Behind Total	Total km	Total Time					Total min/km
Dale	-	1:27:17	-	10	16:41	94	29:55	-	1:27:17	-	10	16:41	94	29:55
Hogstad	-	1:11:56	-	11	16:30	92	27:02	-	2:39:13	-	10	33:11	90	56:57
Storaberget	-	31:46	-	12	6:46	88	12:21	-	3:10:59	-	10	39:54	90	1:09:18
Myland	-	1:25:37	-	9	1:16:18	73	1:16:18	-	4:36:36	-	10	54:20	85	1:43:05
Vårlivarde	-	23:59	-	15	7:54	86	11:29	-	5:00:35	-	9	1:02:14	83	1:54:34
Lauvås	-	44:12	-	12	12:53	84	21:59	-	5:44:47	-	11	1:14:10	86	2:15:14
Finish	-	31:18	-	13	9:31	97	14:03	38.00	6:16:05	-	11	1:23:41	86	2:29:17