



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Lars Tore Gustavsen**

Club: Dirdal Idrettslag

Number: 178

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:31:24

Speed: 5.83 km/h

Running performance: 10:18 min/km

Rank in course: 99 (of 143)

Best time in course: 3:46:48

Rank in category: 85(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 Cat.	Behind Cat.	Pos Total	Behind Total	
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Total					Total
Dale	-	1:41:41	-	112	44:19	128	44:19	-	1:41:41	-	112	44:19	128	44:19		
Hogstad	-	1:11:22	-	77	26:28	86	26:28	-	2:53:03	-	101	1:10:47	114	1:10:47		
Storaberget	-	28:07	-	45	8:42	50	8:42	-	3:21:10	-	95	1:19:29	108	1:19:29		
Myland	-	1:26:12	-	66	34:22	76	1:16:53	-	4:47:22	-	84	1:53:51	98	1:53:51		
Vårlivarde	-	23:47	-	67	11:17	81	11:17	-	5:11:09	-	84	2:05:08	97	2:05:08		
Lauvås	-	50:44	-	98	28:31	113	28:31	-	6:01:53	-	85	2:32:20	98	2:32:20		
Finish	-	29:31	-	79	12:16	91	12:16	38.00	6:31:24	-	85	2:44:36	99	2:44:36		