



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Per Helge Salvesen

Number: 140

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:33:22

Speed: 5.80 km/h

Running performance: 10:22 min/km

Rank in course: 100 (of 143)

Best time in course: 3:46:48

Rank in category: 86(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Dale	-	1:27:19	-	85	29:57	95	29:57	-	1:27:19	-	85	29:57	95	29:57
Hogstad	-	1:12:00	-	82	27:06	93	27:06	-	2:39:19	-	81	57:03	91	57:03
Storaberget	-	32:38	-	84	13:13	96	13:13	-	3:11:57	-	83	1:10:16	94	1:10:16
Myland	-	1:30:12	-	77	38:22	92	1:20:53	-	4:42:09	-	79	1:48:38	91	1:48:38
Vårlivarde	-	27:42	-	100	15:12	115	15:12	-	5:09:51	-	81	2:03:50	93	2:03:50
Lauvås	-	51:09	-	99	28:56	114	28:56	-	6:01:00	-	84	2:31:27	97	2:31:27
Finish	-	32:22	-	92	15:07	106	15:07	38.00	6:33:22	-	86	2:46:34	100	2:46:34