



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Stig Jarand Voje

Club: Skagerak Sportsklubb

Number: 165

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:34:52

Speed: 5.77 km/h

Running performance: 10:24 min/km

Rank in course: 101 (of 143)

Best time in course: 3:46:48

Rank in category: 87(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:21:58	-	66	24:36	71	24:36	-	1:21:58	-	66	24:36	71	24:36
Hogstad	-	1:15:22	-	91	30:28	103	30:28	-	2:37:20	-	78	55:04	86	55:04
Storaberget	-	36:21	-	99	16:56	116	16:56	-	3:13:41	-	89	1:12:00	100	1:12:00
Myland	-	1:39:27	-	93	47:37	109	1:30:08	-	4:53:08	-	89	1:59:37	103	1:59:37
Vårlivarde	-	24:21	-	74	11:51	89	11:51	-	5:17:29	-	88	2:11:28	101	2:11:28
Lauvås	-	46:41	-	84	24:28	97	24:28	-	6:04:10	-	87	2:34:37	101	2:34:37
Finish	-	30:42	-	83	13:27	95	13:27	38.00	6:34:52	-	87	2:48:04	101	2:48:04