



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

John Terje Handeland

Total time: 6:38:11

Number: 32

Speed: 5.73 km/h

Running performance: 10:29 min/km

Course: 38.00 km

Trail Run

Rank in course: 102 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 88(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 | Total min/km | | | Pos Total | Behind Total |
| Dale | - | 1:13:56 | - | 27 | 16:34 | 28 | 16:34 | - | 1:13:56 | - | 27 | 16:34 | 28 | 16:34 |
| Hogstad | - | 1:08:12 | - | 69 | 23:18 | 77 | 23:18 | - | 2:22:08 | - | 52 | 39:52 | 55 | 39:52 |
| Storaberget | - | 39:21 | - | 104 | 19:56 | 121 | 19:56 | - | 3:01:29 | - | 65 | 59:48 | 72 | 59:48 |
| Myland | - | 1:57:40 | - | 108 | 1:05:50 | 126 | 1:48:21 | - | 4:59:09 | - | 94 | 2:05:38 | 108 | 2:05:38 |
| Vårlivarde | - | 24:57 | - | 82 | 12:27 | 97 | 12:27 | - | 5:24:06 | - | 94 | 2:18:05 | 108 | 2:18:05 |
| Lauvås | - | 45:53 | - | 81 | 23:40 | 94 | 23:40 | - | 6:09:59 | - | 93 | 2:40:26 | 107 | 2:40:26 |
| Finish | - | 28:12 | - | 63 | 10:57 | 74 | 10:57 | 38.00 | 6:38:11 | - | 88 | 2:51:23 | 102 | 2:51:23 |