



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ståle Meberg

Club: Øl og kondis

Number: 81

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:41:52

Speed: 5.67 km/h

Running performance: 10:35 min/km

Rank in course: 104 (of 143)

Best time in course: 3:46:48

Rank in category: 90(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	-	1:25:33	-	80	28:11	86	28:11	-	1:25:33	-	80	28:11	86	28:11
Hogstad	-	1:12:52	-	85	27:58	97	27:58	-	2:38:25	-	79	56:09	87	56:09
Storaberget	-	34:57	-	95	15:32	109	15:32	-	3:13:22	-	87	1:11:41	98	1:11:41
Myland	-	1:38:23	-	92	46:33	108	1:29:04	-	4:51:45	-	87	1:58:14	101	1:58:14
Vårlivarde	-	25:23	-	87	12:53	102	12:53	-	5:17:08	-	86	2:11:07	99	2:11:07
Lauvås	-	51:19	-	100	29:06	115	29:06	-	6:08:27	-	88	2:38:54	102	2:38:54
Finish	-	33:25	-	97	16:10	111	16:10	38.00	6:41:52	-	90	2:55:04	104	2:55:04