



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Randolph Behrens

Number: 76

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:42:56

Speed: 5.66 km/h

Running performance: 10:37 min/km

Rank in course: 105 (of 143)

Best time in course: 3:46:48

Rank in category: 91(of 118)

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Dale	-	1:29:33	-	91	32:11	102	32:11	-	1:29:33	-	91	32:11	102	32:11
Hogstad	-	1:18:38	-	99	33:44	112	33:44	-	2:48:11	-	95	1:05:55	107	1:05:55
Storaberget	-	33:02	-	88	13:37	100	13:37	-	3:21:13	-	96	1:19:32	109	1:19:32
Myland	-	1:35:58	-	84	44:08	100	1:26:39	-	4:57:11	-	92	2:03:40	106	2:03:40
Vårlivarde	-	26:49	-	94	14:19	109	14:19	-	5:24:00	-	92	2:17:59	106	2:17:59
Lauvås	-	45:45	-	79	23:32	92	23:32	-	6:09:45	-	90	2:40:12	104	2:40:12
Finish	-	33:11	-	93	15:56	107	15:56	38.00	6:42:56	-	91	2:56:08	105	2:56:08