



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Kristine Os

Club: Gti Friidrettsklubb

Number: 110

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 6:19:21

Speed: 6.01 km/h

Running performance: 9:59 min/km

Rank in course: 91 (of 143)

Best time in course: 3:46:48

Rank in category: 12(of 25)

Best time in the category: 4:52:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total ranking				
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:32:27	-	12	21:51	113	35:05	-	1:32:27	-	12	21:51	113	35:05
Hogstad	-	1:15:40	-	13	20:14	106	30:46	-	2:48:07	-	12	42:05	105	1:05:51
Storaberget	-	31:28	-	11	6:28	84	12:03	-	3:19:35	-	13	48:30	106	1:17:54
Myland	-	1:27:45	-	12	1:18:26	81	1:18:26	-	4:47:20	-	14	1:05:04	96	1:53:49
Vårlivarde	-	23:46	-	14	7:41	80	11:16	-	5:11:06	-	13	1:12:45	95	2:05:05
Lauvås	-	41:37	-	8	10:18	67	19:24	-	5:52:43	-	13	1:22:06	93	2:23:10
Finish	-	26:38	-	9	4:51	53	9:23	38.00	6:19:21	-	12	1:26:57	91	2:32:33