



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Jan Egil Gustafsson

Number: 179

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:48:11

Speed: 5.59 km/h

Running performance: 10:45 min/km

Rank in course: 110 (of 143)

Best time in course: 3:46:48

Rank in category: 95(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		Behind		Total		Total		Pos		Behind		
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total		
Dale	-	1:23:14	-	68	25:52	74	25:52	-	1:23:14	-	68	25:52	74	25:52		
Hogstad	-	1:13:31	-	86	28:37	98	28:37	-	2:36:45	-	77	54:29	85	54:29		
Storaberget	-	31:28	-	74	12:03	84	12:03	-	3:08:13	-	77	1:06:32	85	1:06:32		
Myland	-	1:39:48	-	94	47:58	110	1:30:29	-	4:48:01	-	85	1:54:30	99	1:54:30		
Vårlivarde	-	29:24	-	106	16:54	123	16:54	-	5:17:25	-	87	2:11:24	100	2:11:24		
Lauvås	-	54:54	-	105	32:41	120	32:41	-	6:12:19	-	95	2:42:46	109	2:42:46		
Finish	-	35:52	-	105	18:37	121	18:37	38.00	6:48:11	-	95	3:01:23	110	3:01:23		