



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Thierry P.L.M Le Gallais

Number: 31

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:52:13

Speed: 5.53 km/h

Running performance: 10:51 min/km

Rank in course: 112 (of 143)

Best time in course: 3:46:48

Rank in category: 97(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		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total
						Pos Total	Behind Total	Total km	Total Time	Total min/km					
Dale	-	1:32:41	-	103	35:19	115	35:19	-	1:32:41	-	103	35:19	115	35:19	
Hogstad	-	1:14:20	-	88	29:26	100	29:26	-	2:47:01	-	93	1:04:45	104	1:04:45	
Storaberget	-	31:54	-	78	12:29	90	12:29	-	3:18:55	-	92	1:17:14	103	1:17:14	
Myland	-	1:37:34	-	89	45:44	105	1:28:15	-	4:56:29	-	91	2:02:58	105	2:02:58	
Vårlivarde	-	28:58	-	105	16:28	122	16:28	-	5:25:27	-	96	2:19:26	110	2:19:26	
Lauvås	-	52:52	-	102	30:39	117	30:39	-	6:18:19	-	97	2:48:46	112	2:48:46	
Finish	-	33:54	-	100	16:39	115	16:39	38.00	6:52:13	-	97	3:05:25	112	3:05:25	