



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Christoffer Haugland

Club: Riska Brannstasjon

Number: 84

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:52:16

Speed: 5.53 km/h

Running performance: 10:51 min/km

Rank in course: 113 (of 143)

Best time in course: 3:46:48

Rank in category: 98(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 ranking		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Total Total					
Dale	-	1:25:42	-	82	28:20	88	28:20	-	1:25:42	-	82	28:20	88	28:20		
Hogstad	-	1:16:23	-	95	31:29	108	31:29	-	2:42:05	-	90	59:49	101	59:49		
Storaberget	-	36:57	-	102	17:32	119	17:32	-	3:19:02	-	93	1:17:21	104	1:17:21		
Myland	-	1:43:09	-	102	51:19	118	1:33:50	-	5:02:11	-	98	2:08:40	113	2:08:40		
Vårlivarde	-	26:19	-	92	13:49	107	13:49	-	5:28:30	-	98	2:22:29	113	2:22:29		
Lauvås	-	50:03	-	95	27:50	110	27:50	-	6:18:33	-	98	2:49:00	113	2:49:00		
Finish	-	33:43	-	98	16:28	112	16:28	38.00	6:52:16	-	98	3:05:28	113	3:05:28		