



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Arvid Gundersen

Number: 65

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:59:01

Speed: 5.44 km/h

Running performance: 11:02 min/km

Rank in course: 114 (of 143)

Best time in course: 3:46:48

Rank in category: 99(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		Total ranking		
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:29:44	-	96	32:22	107	32:22	-	1:29:44	-	96	32:22	107	32:22
Hogstad	-	1:26:21	-	108	41:27	124	41:27	-	2:56:05	-	103	1:13:49	116	1:13:49
Storaberget	-	36:49	-	101	17:24	118	17:24	-	3:32:54	-	101	1:31:13	114	1:31:13
Myland	-	1:42:06	-	100	50:16	116	1:32:47	-	5:15:00	-	102	2:21:29	118	2:21:29
Vårlivarde	-	24:38	-	75	12:08	90	12:08	-	5:39:38	-	100	2:33:37	115	2:33:37
Lauvås	-	47:11	-	85	24:58	98	24:58	-	6:26:49	-	99	2:57:16	114	2:57:16
Finish	-	32:12	-	91	14:57	104	14:57	38.00	6:59:01	-	99	3:12:13	114	3:12:13