



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ivar Nødland

Club: Gilja Brann & Redning

Number: 97

Course: 38.00 km

Trail Run

Category:

mann

Total time: 7:01:44

Speed: 5.41 km/h

Running performance: 11:06 min/km

Rank in course: 116 (of 143)

Best time in course: 3:46:48

Rank in category: 101 (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	-	1:35:38	-	105	38:16	117	38:16	-	1:35:38	-	105	38:16	117	38:16		
Hogstad	-	1:15:32	-	93	30:38	105	30:38	-	2:51:10	-	99	1:08:54	112	1:08:54		
Storaberget	-	33:42	-	91	14:17	104	14:17	-	3:24:52	-	99	1:23:11	112	1:23:11		
Myland	-	1:44:48	-	103	52:58	119	1:35:29	-	5:09:40	-	99	2:16:09	115	2:16:09		
Vårlivarde	-	27:38	-	99	15:08	114	15:08	-	5:37:18	-	99	2:31:17	114	2:31:17		
Lauvås	-	52:44	-	101	30:31	116	30:31	-	6:30:02	-	102	3:00:29	117	3:00:29		
Finish	-	31:42	-	87	14:27	100	14:27	38.00	7:01:44	-	101	3:14:56	116	3:14:56		