



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ivar Nødland

Club: Gilja Brann & Redning

Number: 97

Total time: 7:01:44

Speed: - km/h

Running performance: 11:06 min/km

Enduro E Bike

Rank in course: 116 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 101 (of 118)

mann

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind 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	-	7:01:44	-	101	3:14:56	116	3:14:56