



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Oddbjørn Austad

Club: Bryne Triatlonklubb

Number: 48

Course: 38.00 km

Trail Run

Category:

mann

Total time: 7:03:15

Speed: 5.39 km/h

Running performance: 11:09 min/km

Rank in course: 117 (of 143)

Best time in course: 3:46:48

Rank in category: 102(of 118)

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Stage score		Total ranking		Total ranking		Total ranking		
				Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:27:45	-	88	30:23	98	30:23	-	1:27:45	-	88	30:23	98	30:23
Hogstad	-	1:23:26	-	104	38:32	119	38:32	-	2:51:11	-	100	1:08:55	113	1:08:55
Storaberget	-	42:31	-	110	23:06	128	23:06	-	3:33:42	-	103	1:32:01	116	1:32:01
Myland	-	1:37:57	-	91	46:07	107	1:28:38	-	5:11:39	-	100	2:18:08	116	2:18:08
Vårlivarde	-	28:17	-	103	15:47	119	15:47	-	5:39:56	-	101	2:33:55	116	2:33:55
Lauvås	-	50:04	-	96	27:51	111	27:51	-	6:30:00	-	101	3:00:27	116	3:00:27
Finish	-	33:15	-	95	16:00	109	16:00	38.00	7:03:15	-	102	3:16:27	117	3:16:27