



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Daniel kvam

Total time: 7:09:43

Number: 109

Speed: 5.31 km/h

Running performance: 11:19 min/km

Course: 38.00 km

Trail Run

Rank in course: 118 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 103(of 118)

mann

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        | -        | 1:37:49    | -            | 106  | 40:27 | 119    | 40:27   | -     | 1:37:49 | -      | 106  | 40:27   | 119   | 40:27   |  |
| Hogstad     | -        | 1:23:26    | -            | 104  | 38:32 | 119    | 38:32   | -     | 3:01:15 | -      | 105  | 1:18:59 | 119   | 1:18:59 |  |
| Storaberget | -        | 35:59      | -            | 98   | 16:34 | 115    | 16:34   | -     | 3:37:14 | -      | 106  | 1:35:33 | 121   | 1:35:33 |  |
| Myland      | -        | 1:43:03    | -            | 101  | 51:13 | 117    | 1:33:44 | -     | 5:20:17 | -      | 105  | 2:26:46 | 121   | 2:26:46 |  |
| Vårlivarde  | -        | 26:14      | -            | 91   | 13:44 | 106    | 13:44   | -     | 5:46:31 | -      | 105  | 2:40:30 | 120   | 2:40:30 |  |
| Lauvås      | -        | 47:29      | -            | 88   | 25:16 | 101    | 25:16   | -     | 6:34:00 | -      | 104  | 3:04:27 | 119   | 3:04:27 |  |
| Finish      | -        | 35:43      | -            | 103  | 18:28 | 119    | 18:28   | 38.00 | 7:09:43 | -      | 103  | 3:22:55 | 118   | 3:22:55 |  |