



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Marius Hegre

Total time: 7:09:44

Number: 71

Speed: 5.31 km/h

Running performance: 11:19 min/km

Course: 38.00 km

Trail Run

Rank in course: 119 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 104(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	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	-	1:37:49	-	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	-	35:58	-	97	16:33	114	16:33	-	3:37:13	-	105	1:35:32	120	1:35:32
Myland	-	1:42:00	-	99	50:10	115	1:32:41	-	5:19:13	-	104	2:25:42	120	2:25:42
Vårlivarde	-	27:16	-	98	14:46	113	14:46	-	5:46:29	-	104	2:40:28	119	2:40:28
Lauvås	-	47:30	-	89	25:17	102	25:17	-	6:33:59	-	103	3:04:26	118	3:04:26
Finish	-	35:45	-	104	18:30	120	18:30	38.00	7:09:44	-	104	3:22:56	119	3:22:56