



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Helen G. Lavik

Club: Dirdal Idrettslag

Number: 8

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 6:29:36

Speed: 5.85 km/h

Running performance: 10:16 min/km

Rank in course: 96 (of 143)

Best time in course: 3:46:48

Rank in category: 13(of 25)

Best time in the category: 4:52:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:27:08	-	8	16:32	92	29:46	-	1:27:08	-	8	16:32	92	29:46
Hogstad	-	1:11:31	-	10	16:05	88	26:37	-	2:38:39	-	9	32:37	89	56:23
Storaberget	-	33:09	-	13	8:09	103	13:44	-	3:11:48	-	11	40:43	93	1:10:07
Myland	-	1:33:03	-	16	1:23:44	97	1:23:44	-	4:44:51	-	13	1:02:35	95	1:51:20
Vårlivarde	-	19:55	-	4	3:50	28	7:25	-	5:04:46	-	12	1:06:25	89	1:58:45
Lauvås	-	47:49	-	15	16:30	104	25:36	-	5:52:35	-	12	1:21:58	92	2:23:02
Finish	-	37:01	-	17	15:14	123	19:46	38.00	6:29:36	-	13	1:37:12	96	2:42:48