



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Morten Urdahl

Total time: 7:14:37

Number: 136

Speed: 5.25 km/h

Running performance: 11:27 min/km

Course: 38.00 km

Trail Run

Rank in course: 120 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 105(of 118)

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Best time in the category: 3:46:48

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total ranking		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Total Total					
Dale	-	1:40:37	-	110	43:15	123	43:15	-	1:40:37	-	110	43:15	123	43:15		
Hogstad	-	1:22:05	-	102	37:11	117	37:11	-	3:02:42	-	107	1:20:26	121	1:20:26		
Storaberget	-	37:00	-	103	17:35	120	17:35	-	3:39:42	-	107	1:38:01	122	1:38:01		
Myland	-	1:37:51	-	90	46:01	106	1:28:32	-	5:17:33	-	103	2:24:02	119	2:24:02		
Vårlivarde	-	28:26	-	104	15:56	121	15:56	-	5:45:59	-	103	2:39:58	118	2:39:58		
Lauvås	-	53:13	-	103	31:00	118	31:00	-	6:39:12	-	105	3:09:39	120	3:09:39		
Finish	-	35:25	-	102	18:10	118	18:10	38.00	7:14:37	-	105	3:27:49	120	3:27:49		