



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Svein Gaute Hølestøl

Club: Rune J IL

Number: 131

Course: 38.00 km

Trail Run

Category:

mann

Total time: 7:28:23

Speed: 5.08 km/h

Running performance: 11:48 min/km

Rank in course: 122 (of 143)

Best time in course: 3:46:48

Rank in category: 107(of 118)

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	-	1:32:38	-	102	35:16	114	35:16	-	1:32:38	-	102	35:16	114	35:16		
Hogstad	-	1:21:36	-	101	36:42	115	36:42	-	2:54:14	-	102	1:11:58	115	1:11:58		
Storaberget	-	39:23	-	105	19:58	122	19:58	-	3:33:37	-	102	1:31:56	115	1:31:56		
Myland	-	1:46:52	-	104	55:02	120	1:37:33	-	5:20:29	-	106	2:26:58	122	2:26:58		
Vårlivarde	-	27:58	-	101	15:28	116	15:28	-	5:48:27	-	106	2:42:26	121	2:42:26		
Lauvås	-	1:01:23	-	108	39:10	127	39:10	-	6:49:50	-	106	3:20:17	121	3:20:17		
Finish	-	38:33	-	107	21:18	124	21:18	38.00	7:28:23	-	107	3:41:35	122	3:41:35		