



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Tom Kenneth Meyer

Total time: 7:55:15

Number: 60

Speed: 4.80 km/h

Running performance: 12:31 min/km

Course: 38.00 km

Trail Run

Rank in course: 124 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 108(of 118)

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:49:34	-	117	52:12	134	52:12	-	1:49:34	-	117	52:12	134	52:12
Hogstad	-	1:37:02	-	112	52:08	129	52:08	-	3:26:36	-	112	1:44:20	129	1:44:20
Storaberget	-	36:48	-	100	17:23	117	17:23	-	4:03:24	-	111	2:01:43	128	2:01:43
Myland	-	1:49:57	-	106	58:07	123	1:40:38	-	5:53:21	-	109	2:59:50	125	2:59:50
Vårlivarde	-	28:14	-	102	15:44	118	15:44	-	6:21:35	-	109	3:15:34	125	3:15:34
Lauvås	-	1:00:21	-	106	38:08	124	38:08	-	7:21:56	-	109	3:52:23	125	3:52:23
Finish	-	33:19	-	96	16:04	110	16:04	38.00	7:55:15	-	108	4:08:27	124	4:08:27