



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Ulf F Johanssen**

Club: UltraPunk RaceTeam

Number: 54

Course: 38.00 km

Trail Run

Category:

mann

Total time: 7:57:31

Speed: 4.77 km/h

Running performance: 12:34 min/km

Rank in course: 126 (of 143)

Best time in course: 3:46:48

Rank in category: 109(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	-	1:41:42	-	113	44:20	129	44:20	-	1:41:42	-	113	44:20	129	44:20		
Hogstad	-	1:22:29	-	103	37:35	118	37:35	-	3:04:11	-	108	1:21:55	123	1:21:55		
Storaberget	-	39:48	-	106	20:23	123	20:23	-	3:43:59	-	108	1:42:18	124	1:42:18		
Myland	-	1:47:26	-	105	55:36	121	1:38:07	-	5:31:25	-	108	2:37:54	124	2:37:54		
Vårlivarde	-	31:55	-	111	19:25	129	19:25	-	6:03:20	-	108	2:57:19	124	2:57:19		
Lauvås	-	1:09:44	-	111	47:31	134	47:31	-	7:13:04	-	108	3:43:31	124	3:43:31		
Finish	-	44:27	-	112	27:12	136	27:12	38.00	7:57:31	-	109	4:10:43	126	4:10:43		