



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Odd Harald Fostenes

Total time: 8:17:18

Number: 184

Speed: 4.58 km/h

Running performance: 13:06 min/km

Course: 38.00 km

Trail Run

Rank in course: 127 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 110(of 118)

mann

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Dale	-	1:37:50	-	108	40:28	121	40:28	-	1:37:50	-	108	40:28	121	40:28	
Hogstad	-	1:33:33	-	111	48:39	128	48:39	-	3:11:23	-	109	1:29:07	125	1:29:07	
Storaberget	-	48:21	-	112	28:56	136	28:56	-	3:59:44	-	110	1:58:03	126	1:58:03	
Myland	-	2:00:50	-	110	1:09:00	128	1:51:31	-	6:00:34	-	111	3:07:03	128	3:07:03	
Vårlivarde	-	29:59	-	108	17:29	125	17:29	-	6:30:33	-	111	3:24:32	128	3:24:32	
Lauvås	-	1:07:35	-	109	45:22	130	45:22	-	7:38:08	-	111	4:08:35	128	4:08:35	
Finish	-	39:10	-	108	21:55	126	21:55	38.00	8:17:18	-	110	4:30:30	127	4:30:30	