



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Thomas Tønnesen

Number: 133

Course: 38.00 km

Trail Run

Category:

mann

Total time: 8:17:18

Speed: 4.58 km/h

Running performance: 13:06 min/km

Rank in course: 127 (of 143)

Best time in course: 3:46:48

Rank in category: 110(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 | | Pos Cat. | Behind Cat. | Pos Total | Behind Total |
|-------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------------|---------------|-----------------|-----|-------------|----------------|--------------|-----------------|
| | | | | | | Pos Total | Behind Total | Total km | Total Time | Total min/km | | | | | |
| Dale | - | 1:44:20 | - | 114 | 46:58 | 130 | 46:58 | - | 1:44:20 | - | 114 | 46:58 | 130 | 46:58 | |
| Hogstad | - | 1:31:40 | - | 110 | 46:46 | 127 | 46:46 | - | 3:16:00 | - | 111 | 1:33:44 | 127 | 1:33:44 | |
| Storaberget | - | 40:35 | - | 108 | 21:10 | 126 | 21:10 | - | 3:56:35 | - | 109 | 1:54:54 | 125 | 1:54:54 | |
| Myland | - | 2:03:58 | - | 111 | 1:12:08 | 131 | 1:54:39 | - | 6:00:33 | - | 110 | 3:07:02 | 127 | 3:07:02 | |
| Vårlivarde | - | 29:59 | - | 108 | 17:29 | 125 | 17:29 | - | 6:30:32 | - | 110 | 3:24:31 | 127 | 3:24:31 | |
| Lauvås | - | 1:07:35 | - | 109 | 45:22 | 130 | 45:22 | - | 7:38:07 | - | 110 | 4:08:34 | 127 | 4:08:34 | |
| Finish | - | 39:11 | - | 109 | 21:56 | 127 | 21:56 | 38.00 | 8:17:18 | - | 110 | 4:30:30 | 127 | 4:30:30 | |