



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Gro Anita Aartun Imsland

Club: Team Imsland

Number: 107

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 6:30:40

Speed: 5.84 km/h

Running performance: 10:17 min/km

Rank in course: 97 (of 143)

Best time in course: 3:46:48

Rank in category: 14(of 25)

Best time in the category: 4:52:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
								km	Time	min/km	Pos	Behind	Pos					Behind
Dale	-	1:40:54	-	16	30:18	127	43:32	-	1:40:54	-	16	30:18	127	43:32				
Hogstad	-	1:21:50	-	15	26:24	116	36:56	-	3:02:44	-	15	56:42	122	1:20:28				
Storaberget	-	33:56	-	14	8:56	105	14:31	-	3:36:40	-	15	1:05:35	119	1:34:59				
Myland	-	1:23:37	-	8	1:14:18	66	1:14:18	-	5:00:17	-	15	1:18:01	110	2:06:46				
Vårlivarde	-	23:24	-	13	7:19	78	10:54	-	5:23:41	-	14	1:25:20	105	2:17:40				
Lauvås	-	39:17	-	6	7:58	49	17:04	-	6:02:58	-	14	1:32:21	99	2:33:25				
Finish	-	27:42	-	11	5:55	67	10:27	38.00	6:30:40	-	14	1:38:16	97	2:43:52				