



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Bergliot Lekven

Total time: 7:41:47

Number: 75

Speed: 4.94 km/h

Running performance: 12:10 min/km

Course: 38.00 km

Trail Run

Rank in course: 123 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 16(of 25)

kvinne

Best time in the category: 4:52:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Dale	-	1:40:47	-	15	30:11	125	43:25	-	1:40:47	-	15	30:11	125	43:25
Hogstad	-	1:24:34	-	16	29:08	123	39:40	-	3:05:21	-	16	59:19	124	1:23:05
Storaberget	-	35:52	-	17	10:52	112	16:27	-	3:41:13	-	16	1:10:08	123	1:39:32
Myland	-	9:19	-	1	-	1	-	-	3:50:32	-	3	8:16	25	57:01
Vårlivarde	-	2:12:18	-	24	1:56:13	136	1:59:48	-	6:02:50	-	16	2:04:29	123	2:56:49
Lauvås	-	1:00:12	-	18	28:53	123	37:59	-	7:03:02	-	16	2:32:25	123	3:33:29
Finish	-	38:45	-	18	16:58	125	21:30	38.00	7:41:47	-	16	2:49:23	123	3:54:59