



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Siri Lunde

Club: SUS BIL

Number: 57

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 7:55:41

Speed: 4.79 km/h

Running performance: 12:32 min/km

Rank in course: 125 (of 143)

Best time in course: 3:46:48

Rank in category: 17(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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:49:31	-	17	38:55	133	52:09	-	1:49:31	-	17	38:55	133	52:09
Hogstad	-	1:38:40	-	22	43:14	134	53:46	-	3:28:11	-	19	1:22:09	131	1:45:55
Storaberget	-	35:22	-	16	10:22	111	15:57	-	4:03:33	-	18	1:32:28	129	2:01:52
Myland	-	1:49:49	-	17	1:40:30	122	1:40:30	-	5:53:22	-	17	2:11:06	126	2:59:51
Vårlivarde	-	28:25	-	17	12:20	120	15:55	-	6:21:47	-	17	2:23:26	126	3:15:46
Lauvås	-	1:00:10	-	17	28:51	122	37:57	-	7:21:57	-	17	2:51:20	126	3:52:24
Finish	-	33:44	-	15	11:57	113	16:29	38.00	7:55:41	-	17	3:03:17	125	4:08:53