



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Nina Tveten**

Club: Skagerak Sportsklubb

Number: 108

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 8:22:57

Speed: 4.53 km/h

Running performance: 13:15 min/km

Rank in course: 129 (of 143)

Best time in course: 3:46:48

Rank in category: 18(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		Total		Total ranking		
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	2:08:19	-	25	57:43	143	1:10:57	-	2:08:19	-	25	57:43	143	1:10:57
Hogstad	-	1:37:38	-	21	42:12	133	52:44	-	3:45:57	-	24	1:39:55	136	2:03:41
Storaberget	-	39:58	-	18	14:58	124	20:33	-	4:25:55	-	21	1:54:50	132	2:24:14
Myland	-	1:53:21	-	18	1:44:02	124	1:44:02	-	6:19:16	-	18	2:37:00	129	3:25:45
Vårlivarde	-	30:27	-	18	14:22	128	17:57	-	6:49:43	-	18	2:51:22	129	3:43:42
Lauvås	-	58:49	-	16	27:30	121	36:36	-	7:48:32	-	18	3:17:55	129	4:18:59
Finish	-	34:25	-	16	12:38	116	17:10	38.00	8:22:57	-	18	3:30:33	129	4:36:09