



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Christine Marais Chaboud

Total time: 8:32:08

Number: 177

Speed: 4.45 km/h

Running performance: 13:29 min/km

Course: 38.00 km

Trail Run

Rank in course: 130 (of 143)

Best time in course: 3:46:48

Category:

kvinne

Rank in category: 19(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		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Dale	-	1:50:35	-	19	39:59	136	53:13	-	1:50:35	-	19	39:59	136	53:13	
Hogstad	-	1:30:09	-	17	34:43	125	45:15	-	3:20:44	-	17	1:14:42	128	1:38:28	
Storaberget	-	42:32	-	19	17:32	129	23:07	-	4:03:16	-	17	1:32:11	127	2:01:35	
Myland	-	2:19:27	-	23	2:10:08	134	2:10:08	-	6:22:43	-	19	2:40:27	130	3:29:12	
Vårlivarde	-	28:05	-	16	12:00	117	15:35	-	6:50:48	-	19	2:52:27	130	3:44:47	
Lauvås	-	1:01:16	-	19	29:57	126	39:03	-	7:52:04	-	19	3:21:27	130	4:22:31	
Finish	-	40:04	-	21	18:17	130	22:49	38.00	8:32:08	-	19	3:39:44	130	4:45:20	