



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Anja Kristin Lindanger

Total time: 4:53:25

Number: 151

Speed: 7.77 km/h

Running performance: 7:44 min/km

Course: 38.00 km

Trail Run

Rank in course: 11 (of 143)

Best time in course: 3:46:48

Category:

kvinne

Rank in category: 2(of 25)

Best time in the category: 4:52:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking		Total km	Total Time	Total min/km	Stage score		Total ranking	
				Pos	Behind	Pos	Behind				Pos	Behind	Pos	Behind
				Cat.	Cat.	Total	Total				Cat.	Cat.	Total	Total
Dale	-	1:14:30	-	2	3:54	30	17:08	-	1:14:30	-	2	3:54	30	17:08
Hogstad	-	57:03	-	2	1:37	21	12:09	-	2:11:33	-	2	5:31	25	29:17
Storaberget	-	25:00	-	1	-	15	5:35	-	2:36:33	-	2	5:28	20	34:52
Myland	-	1:05:43	-	2	56:24	8	56:24	-	3:42:16	-	1	-	12	48:45
Vårlivarde	-	17:42	-	2	1:37	11	5:12	-	3:59:58	-	2	1:37	12	53:57
Lauvås	-	31:19	-	1	-	7	9:06	-	4:31:17	-	2	0:40	12	1:01:44
Finish	-	22:08	-	2	0:21	8	4:53	38.00	4:53:25	-	2	1:01	11	1:06:37