



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ingvild Kluit

Total time: 8:47:30

Number: 43

Speed: 4.32 km/h

Running performance: 13:53 min/km

Course: 38.00 km

Trail Run

Rank in course: 131 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 20(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			Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total
Dale	-	2:00:15	-	23	49:39	140	1:02:53	-	2:00:15	-	23	49:39	140	1:02:53
Hogstad	-	1:37:04	-	18	41:38	130	52:10	-	3:37:19	-	20	1:31:17	132	1:55:03
Storaberget	-	43:31	-	20	18:31	130	24:06	-	4:20:50	-	19	1:49:45	130	2:19:09
Myland	-	2:03:16	-	20	1:53:57	130	1:53:57	-	6:24:06	-	21	2:41:50	132	3:30:35
Vårlivarde	-	34:07	-	20	18:02	132	21:37	-	6:58:13	-	21	2:59:52	132	3:52:12
Lauvås	-	1:09:21	-	22	38:02	132	47:08	-	8:07:34	-	21	3:36:57	132	4:38:01
Finish	-	39:56	-	19	18:09	128	22:41	38.00	8:47:30	-	20	3:55:06	131	5:00:42