



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Berit Forberg Aanestad

Total time: 9:51:58

Number: 127

Speed: 3.85 km/h

Running performance: 15:35 min/km

Course: 38.00 km

Trail Run

Rank in course: 136 (of 143)

Best time in course: 3:46:48

Category:

kvinne

Rank in category: 24(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		Pos Cat.	Behind Cat.	Pos Total	Behind Total
						Pos	Behind	Total	Total	Total	Total				
Dale	-	2:04:29	-	24	53:53	142	1:07:07	-	2:04:29	-	24	53:53	142	1:07:07	
Hogstad	-	1:45:43	-	25	50:17	138	1:00:49	-	3:50:12	-	25	1:44:10	138	2:07:56	
Storaberget	-	47:16	-	24	22:16	135	27:51	-	4:37:28	-	24	2:06:23	136	2:35:47	
Myland	-	2:36:35	-	24	2:27:16	135	2:27:16	-	7:14:03	-	24	3:31:47	136	4:20:32	
Vårlivarde	-	33:35	-	19	17:30	131	21:05	-	7:47:38	-	24	3:49:17	136	4:41:37	
Lauvås	-	1:20:08	-	24	48:49	135	57:55	-	9:07:46	-	24	4:37:09	136	5:38:13	
Finish	-	44:12	-	24	22:25	133	26:57	38.00	9:51:58	-	24	4:59:34	136	6:05:10	