



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Tom Erik Halvorsen**

Club: Gti Friidrettsklubb

Number: 12

Course: 38.00 km

Trail Run

Category:

mann

Total time: 3:46:48

Speed: 10.05 km/h

Running performance: 5:59 min/km

Rank in course: 1 (of 143)

Best time in course: 3:46:48

Rank in category: 1(of 118)

Best time in the category: 3:46:48

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	57:22	-	1	-	1	-	-	57:22	-	1	-	1	-
Hogstad	-	44:54	-	1	-	1	-	-	1:42:16	-	1	-	1	-
Storaberget	-	19:25	-	1	-	1	-	-	2:01:41	-	1	-	1	-
Myland	-	51:50	-	1	-	2	42:31	-	2:53:31	-	1	-	1	-
Vårlivarde	-	12:30	-	1	-	1	-	-	3:06:01	-	1	-	1	-
Lauvås	-	23:32	-	2	1:19	2	1:19	-	3:29:33	-	1	-	1	-
Finish	-	17:15	-	1	-	1	-	38.00	3:46:48	-	1	-	1	-