



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Hans-Olav Ystheim Undseth

Club: Gti Friidrettsklubb

Number: 33

Course: 38.00 km

Trail Run

Category:

mann

Total time: 4:35:25

Speed: 8.28 km/h

Running performance: 7:15 min/km

Rank in course: 3 (of 143)

Best time in course: 3:46:48

Rank in category: 3(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.	Stage score		Total		Total ranking				
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:07:01	-	8	9:39	8	9:39	-	1:07:01	-	8	9:39	8	9:39
Hogstad	-	52:52	-	9	7:58	9	7:58	-	1:59:53	-	8	17:37	8	17:37
Storaberget	-	23:56	-	8	4:31	8	4:31	-	2:23:49	-	6	22:08	6	22:08
Myland	-	1:05:10	-	6	13:20	7	55:51	-	3:28:59	-	5	35:28	5	35:28
Vårlivarde	-	16:23	-	6	3:53	7	3:53	-	3:45:22	-	5	39:21	5	39:21
Lauvås	-	22:13	-	1	-	1	-	-	4:07:35	-	2	38:02	2	38:02
Finish	-	27:50	-	58	10:35	69	10:35	38.00	4:35:25	-	3	48:37	3	48:37