



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Stig Helge Westerheim

Club: Stord IL

Number: 50

Course: 38.00 km

Trail Run

Category:

mann

Total time: 4:36:26

Speed: 8.25 km/h

Running performance: 7:17 min/km

Rank in course: 4 (of 143)

Best time in course: 3:46:48

Rank in category: 4(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	-	1:06:21	-	7	8:59	7	8:59	-	1:06:21	-	7	8:59	7	8:59
Hogstad	-	52:32	-	5	7:38	5	7:38	-	1:58:53	-	4	16:37	4	16:37
Storaberget	-	22:12	-	3	2:47	3	2:47	-	2:21:05	-	3	19:24	3	19:24
Myland	-	1:06:02	-	7	14:12	9	56:43	-	3:27:07	-	4	33:36	4	33:36
Vårlivarde	-	16:09	-	5	3:39	6	3:39	-	3:43:16	-	3	37:15	3	37:15
Lauvås	-	30:05	-	3	7:52	3	7:52	-	4:13:21	-	4	43:48	4	43:48
Finish	-	23:05	-	12	5:50	14	5:50	38.00	4:36:26	-	4	49:38	4	49:38