



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Marjo Liikanen

Club: Lærdal Medical

Number: 149

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 5:14:00

Speed: 7.26 km/h

Running performance: 8:16 min/km

Rank in course: 28 (of 143)

Best time in course: 3:46:48

Rank in category: 3(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:19:29	-	4	8:53	60	22:07	-	1:19:29	-	4	8:53	60	22:07
Hogstad	-	1:00:03	-	3	4:37	39	15:09	-	2:19:32	-	3	13:30	50	37:16
Storaberget	-	27:40	-	4	2:40	44	8:15	-	2:47:12	-	3	16:07	50	45:31
Myland	-	1:09:19	-	3	1:00:00	17	1:00:00	-	3:56:31	-	4	14:15	33	1:03:00
Vårlivarde	-	20:14	-	5	4:09	31	7:44	-	4:16:45	-	3	18:24	32	1:10:44
Lauvås	-	33:10	-	3	1:51	19	10:57	-	4:49:55	-	3	19:18	29	1:20:22
Finish	-	24:05	-	4	2:18	20	6:50	38.00	5:14:00	-	3	21:36	28	1:27:12