



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Einar Gjelsvik**

Club: skjalg

Number: 61

Course: 38.00 km

Trail Run

Category:

mann

Total time: 4:41:20

Speed: 8.10 km/h

Running performance: 7:25 min/km

Rank in course: 7 (of 143)

Best time in course: 3:46:48

Rank in category: 7(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:07:02	-	9	9:40	9	9:40	-	1:07:02	-	9	9:40	9	9:40
Hogstad	-	52:46	-	8	7:52	8	7:52	-	1:59:48	-	6	17:32	6	17:32
Storaberget	-	22:58	-	7	3:33	7	3:33	-	2:22:46	-	5	21:05	5	21:05
Myland	-	1:08:06	-	13	16:16	15	58:47	-	3:30:52	-	6	37:21	6	37:21
Vårlivarde	-	18:11	-	14	5:41	17	5:41	-	3:49:03	-	9	43:02	9	43:02
Lauvås	-	31:35	-	9	9:22	10	9:22	-	4:20:38	-	8	51:05	8	51:05
Finish	-	20:42	-	2	3:27	2	3:27	38.00	4:41:20	-	7	54:32	7	54:32