



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 | Stage score | | Total ranking | | Total km | Total Time | Total min/km | Stage score | | Total ranking | |
|-------------|----------|------------|--------------|-------------|--------|---------------|--------|----------|------------|--------------|-------------|--------|---------------|--------|
| | | | | Pos | Behind | Pos | Behind | | | | Pos | Behind | Pos | Behind |
| | | | | Cat. | Cat. | Total | Total | | | | Cat. | Cat. | Total | 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 |