



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Sigve Øksendal

Total time: 4:58:30

Number: 83

Speed: 7.64 km/h

Running performance: 7:52 min/km

Course: 38.00 km

Trail Run

Rank in course: 13 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 11(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		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Dale	-	1:14:50	-	34	17:28	36	17:28	-	1:14:50	-	34	17:28	36	17:28	
Hogstad	-	56:37	-	19	11:43	20	11:43	-	2:11:27	-	23	29:11	24	29:11	
Storaberget	-	27:02	-	36	7:37	39	7:37	-	2:38:29	-	28	36:48	30	36:48	
Myland	-	1:07:33	-	9	15:43	11	58:14	-	3:46:02	-	20	52:31	22	52:31	
Vårlivarde	-	18:10	-	13	5:40	16	5:40	-	4:04:12	-	17	58:11	19	58:11	
Lauvås	-	31:21	-	7	9:08	8	9:08	-	4:35:33	-	14	1:06:00	16	1:06:00	
Finish	-	22:57	-	10	5:42	12	5:42	38.00	4:58:30	-	11	1:11:42	13	1:11:42	