



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Kristian Haarr

Club: Ganddal IL

Number: 120

Course: 38.00 km

Trail Run

Category:

mann

Total time: 4:59:46

Speed: 7.61 km/h

Running performance: 7:54 min/km

Rank in course: 14 (of 143)

Best time in course: 3:46:48

Rank in category: 12(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	-	1:14:49	-	33	17:27	35	17:27	-	1:14:49	-	33	17:27	35	17:27	
Hogstad	-	55:58	-	17	11:04	18	11:04	-	2:10:47	-	20	28:31	21	28:31	
Storaberget	-	26:38	-	32	7:13	34	7:13	-	2:37:25	-	23	35:44	25	35:44	
Myland	-	1:08:00	-	11	16:10	13	58:41	-	3:45:25	-	16	51:54	18	51:54	
Vårlivarde	-	18:51	-	17	6:21	20	6:21	-	4:04:16	-	18	58:15	20	58:15	
Lauvås	-	31:16	-	6	9:03	6	9:03	-	4:35:32	-	12	1:05:59	14	1:05:59	
Finish	-	24:14	-	17	6:59	21	6:59	38.00	4:59:46	-	12	1:12:58	14	1:12:58	