



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Odd Kåre Hatleskog

Club: Tørst Drikke

Number: 148

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:00:55

Speed: 7.58 km/h

Running performance: 7:56 min/km

Rank in course: 16 (of 143)

Best time in course: 3:46:48

Rank in category: 14(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	Total min/km			Pos Total	Behind Total
Dale	-	1:11:41	-	19	14:19	20	14:19	-	1:11:41	-	19	14:19	20	14:19
Hogstad	-	55:10	-	12	10:16	12	10:16	-	2:06:51	-	16	24:35	17	24:35
Storaberget	-	25:55	-	22	6:30	24	6:30	-	2:32:46	-	15	31:05	16	31:05
Myland	-	1:12:45	-	21	20:55	25	1:03:26	-	3:45:31	-	17	52:00	19	52:00
Vårlivarde	-	17:42	-	10	5:12	11	5:12	-	4:03:13	-	14	57:12	16	57:12
Lauvås	-	32:23	-	11	10:10	13	10:10	-	4:35:36	-	16	1:06:03	18	1:06:03
Finish	-	25:19	-	29	8:04	35	8:04	38.00	5:00:55	-	14	1:14:07	16	1:14:07