



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Samantha Claire Brough

Club: Stavanger triatlon klubb

Number: 10

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 5:33:03

Speed: 6.85 km/h

Running performance: 8:46 min/km

Rank in course: 46 (of 143)

Best time in course: 3:46:48

Rank in category: 4(of 25)

Best time in the category: 4:52:24

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	-	1:23:12	-	6	12:36	73	25:50	-	1:23:12	-	6	12:36	73	25:50		
Hogstad	-	1:02:29	-	5	7:03	56	17:35	-	2:25:41	-	5	19:39	64	43:25		
Storaberget	-	26:46	-	3	1:46	36	7:21	-	2:52:27	-	4	21:22	58	50:46		
Myland	-	1:18:36	-	5	1:09:17	43	1:09:17	-	4:11:03	-	5	28:47	55	1:17:32		
Vårlivarde	-	17:54	-	3	1:49	13	5:24	-	4:28:57	-	4	30:36	51	1:22:56		
Lauvås	-	39:17	-	6	7:58	49	17:04	-	5:08:14	-	4	37:37	48	1:38:41		
Finish	-	24:49	-	6	3:02	28	7:34	38.00	5:33:03	-	4	40:39	46	1:46:15		