



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Jim Werner Amdal

Number: 9

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:01:50

Speed: 7.55 km/h

Running performance: 7:57 min/km

Rank in course: 17 (of 143)

Best time in course: 3:46:48

Rank in category: 15(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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:11:30	-	18	14:08	19	14:08	-	1:11:30	-	18	14:08	19	14:08
Hogstad	-	57:31	-	21	12:37	23	12:37	-	2:09:01	-	17	26:45	18	26:45
Storaberget	-	27:28	-	40	8:03	43	8:03	-	2:36:29	-	18	34:48	19	34:48
Myland	-	1:08:34	-	14	16:44	16	59:15	-	3:45:03	-	14	51:32	16	51:32
Vårlivarde	-	18:07	-	12	5:37	15	5:37	-	4:03:10	-	13	57:09	15	57:09
Lauvås	-	32:24	-	12	10:11	14	10:11	-	4:35:34	-	15	1:06:01	17	1:06:01
Finish	-	26:16	-	40	9:01	48	9:01	38.00	5:01:50	-	15	1:15:02	17	1:15:02