



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Marius Hop

Club: STRIK

Number: 157

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:03:12

Speed: 7.52 km/h

Running performance: 7:59 min/km

Rank in course: 19 (of 143)

Best time in course: 3:46:48

Rank in category: 17(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		Total ranking				
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:14:58	-	37	17:36	39	17:36	-	1:14:58	-	37	17:36	39	17:36
Hogstad	-	55:57	-	16	11:03	17	11:03	-	2:10:55	-	21	28:39	22	28:39
Storaberget	-	26:35	-	30	7:10	32	7:10	-	2:37:30	-	24	35:49	26	35:49
Myland	-	1:08:05	-	12	16:15	14	58:46	-	3:45:35	-	18	52:04	20	52:04
Vårlivarde	-	19:25	-	23	6:55	26	6:55	-	4:05:00	-	20	58:59	22	58:59
Lauvås	-	33:11	-	17	10:58	20	10:58	-	4:38:11	-	18	1:08:38	20	1:08:38
Finish	-	25:01	-	23	7:46	29	7:46	38.00	5:03:12	-	17	1:16:24	19	1:16:24