



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Arvid Gilje

Club: GB Bygg AS

Number: 185

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:04:15

Speed: 7.49 km/h

Running performance: 8:01 min/km

Rank in course: 20 (of 143)

Best time in course: 3:46:48

Rank in category: 18(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	km	Time			min/km	Pos Total	Behind Total
Dale	-	1:07:49	-	11	10:27	11	10:27	-	1:07:49	-	11	10:27	11	10:27
Hogstad	-	56:11	-	18	11:17	19	11:17	-	2:04:00	-	11	21:44	11	21:44
Storaberget	-	24:30	-	11	5:05	11	5:05	-	2:28:30	-	11	26:49	11	26:49
Myland	-	1:12:55	-	23	21:05	27	1:03:36	-	3:41:25	-	11	47:54	11	47:54
Vårlivarde	-	18:55	-	18	6:25	21	6:25	-	4:00:20	-	11	54:19	13	54:19
Lauvås	-	35:12	-	19	12:59	22	12:59	-	4:35:32	-	12	1:05:59	14	1:05:59
Finish	-	28:43	-	70	11:28	81	11:28	38.00	5:04:15	-	18	1:17:27	20	1:17:27