



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Frode Nebell

Total time: 5:06:07

Number: 189

Speed: 7.45 km/h

Running performance: 8:04 min/km

Course: 38.00 km

Trail Run

Rank in course: 21 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 19(of 118)

mann

Best time in the category: 3:46:48

### 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	-	1:15:18	-	38	17:56	40	17:56	-	1:15:18	-	38	17:56	40	17:56	
Hogstad	-	58:09	-	28	13:15	30	13:15	-	2:13:27	-	30	31:11	32	31:11	
Storaberget	-	24:58	-	13	5:33	13	5:33	-	2:38:25	-	26	36:44	28	36:44	
Myland	-	1:10:27	-	16	18:37	19	1:01:08	-	3:48:52	-	22	55:21	24	55:21	
Vårlivarde	-	19:13	-	21	6:43	24	6:43	-	4:08:05	-	23	1:02:04	25	1:02:04	
Lauvås	-	36:09	-	21	13:56	24	13:56	-	4:44:14	-	20	1:14:41	22	1:14:41	
Finish	-	21:53	-	5	4:38	6	4:38	38.00	5:06:07	-	19	1:19:19	21	1:19:19	