



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 | |