



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Arne Lindland**

Club: Sølvrevene

Number: 98

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:09:42

Speed: 7.36 km/h

Running performance: 8:09 min/km

Rank in course: 22 (of 143)

Best time in course: 3:46:48

Rank in category: 20(of 118)

Best time in the category: 3:46:48

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Stage score		Total ranking		Total ranking		Total ranking		
				Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:14:37	-	31	17:15	33	17:15	-	1:14:37	-	31	17:15	33	17:15
Hogstad	-	55:17	-	13	10:23	13	10:23	-	2:09:54	-	19	27:38	20	27:38
Storaberget	-	25:03	-	15	5:38	16	5:38	-	2:34:57	-	16	33:16	17	33:16
Myland	-	1:10:21	-	15	18:31	18	1:01:02	-	3:45:18	-	15	51:47	17	51:47
Vårlivarde	-	19:09	-	20	6:39	23	6:39	-	4:04:27	-	19	58:26	21	58:26
Lauvås	-	38:42	-	39	16:29	43	16:29	-	4:43:09	-	19	1:13:36	21	1:13:36
Finish	-	26:33	-	43	9:18	51	9:18	38.00	5:09:42	-	20	1:22:54	22	1:22:54