



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Tommy Johnsen

Club: Tempo triatlon klubb

Number: 122

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:09:50

Speed: 7.36 km/h

Running performance: 8:10 min/km

Rank in course: 24 (of 143)

Best time in course: 3:46:48

Rank in category: 22(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 Cat.	Behind Cat.	Pos Total	Behind Total	
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Total Total					
Dale	-	1:18:01	-	54	20:39	56	20:39	-	1:18:01	-	54	20:39	56	20:39		
Hogstad	-	59:23	-	33	14:29	35	14:29	-	2:17:24	-	45	35:08	47	35:08		
Storaberget	-	26:36	-	31	7:11	33	7:11	-	2:44:00	-	42	42:19	44	42:19		
Myland	-	1:12:32	-	20	20:42	24	1:03:13	-	3:56:32	-	30	1:03:01	34	1:03:01		
Vårlivarde	-	18:19	-	15	5:49	18	5:49	-	4:14:51	-	28	1:08:50	30	1:08:50		
Lauvås	-	32:55	-	15	10:42	17	10:42	-	4:47:46	-	25	1:18:13	27	1:18:13		
Finish	-	22:04	-	6	4:49	7	4:49	38.00	5:09:50	-	22	1:23:02	24	1:23:02		