



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Fredrik Svendal

Number: 63

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:10:04

Speed: 7.35 km/h

Running performance: 8:10 min/km

Rank in course: 25 (of 143)

Best time in course: 3:46:48

Rank in category: 23(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		Pos Cat.	Behind Cat.	Pos Total	Behind Total
						Pos Total	Behind Total	Total km	Total Time	Total min/km					
Dale	-	1:11:23	-	17	14:01	18	14:01	-	1:11:23	-	17	14:01	18	14:01	
Hogstad	-	52:42	-	6	7:48	6	7:48	-	2:04:05	-	12	21:49	12	21:49	
Storaberget	-	25:41	-	19	6:16	21	6:16	-	2:29:46	-	13	28:05	13	28:05	
Myland	-	1:13:53	-	27	22:03	31	1:04:34	-	3:43:39	-	13	50:08	15	50:08	
Vårlivarde	-	20:29	-	28	7:59	33	7:59	-	4:04:08	-	16	58:07	18	58:07	
Lauvås	-	40:18	-	52	18:05	59	18:05	-	4:44:26	-	21	1:14:53	23	1:14:53	
Finish	-	25:38	-	34	8:23	41	8:23	38.00	5:10:04	-	23	1:23:16	25	1:23:16	