



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Jørgen Grønsund

Club: Hetland Sport

Number: 62

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:12:50

Speed: 7.29 km/h

Running performance: 8:14 min/km

Rank in course: 26 (of 143)

Best time in course: 3:46:48

Rank in category: 24(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		Behind		Total		Total		Pos		Behind		
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total		
Dale	-	1:10:37	-	16	13:15	17	13:15	-	1:10:37	-	16	13:15	17	13:15		
Hogstad	-	55:46	-	14	10:52	15	10:52	-	2:06:23	-	15	24:07	16	24:07		
Storaberget	-	25:53	-	21	6:28	23	6:28	-	2:32:16	-	14	30:35	15	30:35		
Myland	-	1:14:21	-	28	22:31	32	1:05:02	-	3:46:37	-	21	53:06	23	53:06		
Vårlivarde	-	19:32	-	24	7:02	27	7:02	-	4:06:09	-	22	1:00:08	24	1:00:08		
Lauvås	-	39:56	-	49	17:43	56	17:43	-	4:46:05	-	23	1:16:32	25	1:16:32		
Finish	-	26:45	-	48	9:30	57	9:30	38.00	5:12:50	-	24	1:26:02	26	1:26:02		