



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Lasse Røsvik

Club: Sinnatrimmen

Number: 66

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:13:18

Speed: 7.28 km/h

Running performance: 8:15 min/km

Rank in course: 27 (of 143)

Best time in course: 3:46:48

Rank in category: 25(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 Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:14:51	-	35	17:29	37	17:29	-	1:14:51	-	35	17:29	37	17:29
Hogstad	-	58:07	-	26	13:13	28	13:13	-	2:12:58	-	29	30:42	31	30:42
Storaberget	-	25:51	-	20	6:26	22	6:26	-	2:38:49	-	32	37:08	34	37:08
Myland	-	1:11:52	-	18	20:02	22	1:02:33	-	3:50:41	-	24	57:10	27	57:10
Vårlivarde	-	20:40	-	29	8:10	34	8:10	-	4:11:21	-	24	1:05:20	26	1:05:20
Lauvås	-	36:19	-	24	14:06	27	14:06	-	4:47:40	-	24	1:18:07	26	1:18:07
Finish	-	25:38	-	34	8:23	41	8:23	38.00	5:13:18	-	25	1:26:30	27	1:26:30