



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Vegar Melby

Club: Gjerpen friidrett/Langesund tri
Number: 129

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:15:47

Speed: 7.22 km/h

Running performance: 8:19 min/km

Rank in course: 29 (of 143)

Best time in course: 3:46:48

Rank in category: 26(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:16:24	-	43	19:02	45	19:02	-	1:16:24	-	43	19:02	45	19:02
Hogstad	-	58:16	-	30	13:22	32	13:22	-	2:14:40	-	33	32:24	35	32:24
Storaberget	-	25:30	-	18	6:05	20	6:05	-	2:40:10	-	33	38:29	35	38:29
Myland	-	1:12:26	-	19	20:36	23	1:03:07	-	3:52:36	-	28	59:05	31	59:05
Vårlivarde	-	21:16	-	33	8:46	40	8:46	-	4:13:52	-	27	1:07:51	29	1:07:51
Lauvås	-	35:43	-	20	13:30	23	13:30	-	4:49:35	-	26	1:20:02	28	1:20:02
Finish	-	26:12	-	39	8:57	47	8:57	38.00	5:15:47	-	26	1:28:59	29	1:28:59