



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Morten Sirevåg

Number: 180

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:18:50

Speed: 7.15 km/h

Running performance: 8:24 min/km

Rank in course: 31 (of 143)

Best time in course: 3:46:48

Rank in category: 28(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	-	1:13:41	-	25	16:19	26	16:19	-	1:13:41	-	25	16:19	26	16:19
Hogstad	-	58:20	-	31	13:26	33	13:26	-	2:12:01	-	25	29:45	27	29:45
Storaberget	-	26:30	-	27	7:05	29	7:05	-	2:38:31	-	29	36:50	31	36:50
Myland	-	1:13:15	-	24	21:25	28	1:03:56	-	3:51:46	-	26	58:15	29	58:15
Vårlivarde	-	21:31	-	35	9:01	43	9:01	-	4:13:17	-	26	1:07:16	28	1:07:16
Lauvås	-	38:51	-	41	16:38	45	16:38	-	4:52:08	-	28	1:22:35	31	1:22:35
Finish	-	26:42	-	47	9:27	56	9:27	38.00	5:18:50	-	28	1:32:02	31	1:32:02