



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Gustav Kjølberg

Total time: 5:20:14

Number: 103

Speed: 7.12 km/h

Running performance: 8:26 min/km

Course: 38.00 km

Trail Run

Rank in course: 32 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 29(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 ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:13:07	-	21	15:45	22	15:45	-	1:13:07	-	21	15:45	22	15:45
Hogstad	-	58:14	-	29	13:20	31	13:20	-	2:11:21	-	22	29:05	23	29:05
Storaberget	-	25:22	-	17	5:57	19	5:57	-	2:36:43	-	21	35:02	23	35:02
Myland	-	1:14:51	-	29	23:01	33	1:05:32	-	3:51:34	-	25	58:03	28	58:03
Vårlivarde	-	21:19	-	34	8:49	41	8:49	-	4:12:53	-	25	1:06:52	27	1:06:52
Lauvås	-	38:20	-	37	16:07	41	16:07	-	4:51:13	-	27	1:21:40	30	1:21:40
Finish	-	29:01	-	72	11:46	83	11:46	38.00	5:20:14	-	29	1:33:26	32	1:33:26