



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Tom Inge Moi-Vist

Club: SUS BIL

Number: 130

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:26:02

Speed: 6.99 km/h

Running performance: 8:35 min/km

Rank in course: 34 (of 143)

Best time in course: 3:46:48

Rank in category: 31(of 118)

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Stage score		Total ranking		Total ranking		Total ranking		
				Pos Cat.	Behind Cat.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:11:46	-	20	14:24	21	14:24	-	1:11:46	-	20	14:24	21	14:24
Hogstad	-	57:27	-	20	12:33	22	12:33	-	2:09:13	-	18	26:57	19	26:57
Storaberget	-	26:30	-	27	7:05	29	7:05	-	2:35:43	-	17	34:02	18	34:02
Myland	-	1:16:24	-	32	24:34	36	1:07:05	-	3:52:07	-	27	58:36	30	58:36
Vårlivarde	-	25:18	-	86	12:48	101	12:48	-	4:17:25	-	30	1:11:24	33	1:11:24
Lauvås	-	43:15	-	69	21:02	80	21:02	-	5:00:40	-	32	1:31:07	35	1:31:07
Finish	-	25:22	-	30	8:07	36	8:07	38.00	5:26:02	-	31	1:39:14	34	1:39:14