



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Asgeir Garvik

Club: Gjesdal IL

Number: 18

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:26:47

Speed: 6.98 km/h

Running performance: 8:36 min/km

Rank in course: 35 (of 143)

Best time in course: 3:46:48

Rank in category: 32(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	Total min/km			Pos Total	Behind Total
Dale	-	1:15:27	-	39	18:05	41	18:05	-	1:15:27	-	39	18:05	41	18:05
Hogstad	-	1:00:45	-	43	15:51	46	15:51	-	2:16:12	-	40	33:56	42	33:56
Storaberget	-	28:34	-	51	9:09	56	9:09	-	2:44:46	-	44	43:05	46	43:05
Myland	-	1:18:44	-	39	26:54	44	1:09:25	-	4:03:30	-	38	1:09:59	42	1:09:59
Vårlivarde	-	22:56	-	58	10:26	70	10:26	-	4:26:26	-	40	1:20:25	43	1:20:25
Lauvås	-	37:16	-	32	15:03	35	15:03	-	5:03:42	-	41	1:34:09	44	1:34:09
Finish	-	23:05	-	12	5:50	14	5:50	38.00	5:26:47	-	32	1:39:59	35	1:39:59