



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Lasse Asheim

Total time: 5:26:50

Number: 53

Speed: 6.98 km/h

Running performance: 8:37 min/km

Course: 38.00 km

Trail Run

Rank in course: 36 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 33(of 118)

mann

Best time in the category: 3:46:48

### Intermediate times

### Stage score

### Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Dale	-	1:16:47	-	48	19:25	50	19:25	-	1:16:47	-	48	19:25	50	19:25	
Hogstad	-	59:46	-	34	14:52	36	14:52	-	2:16:33	-	42	34:17	44	34:17	
Storaberget	-	27:24	-	37	7:59	40	7:59	-	2:43:57	-	40	42:16	42	42:16	
Myland	-	1:16:57	-	34	25:07	38	1:07:38	-	4:00:54	-	36	1:07:23	40	1:07:23	
Vårlivarde	-	21:15	-	32	8:45	39	8:45	-	4:22:09	-	35	1:16:08	38	1:16:08	
Lauvås	-	39:58	-	50	17:45	57	17:45	-	5:02:07	-	35	1:32:34	38	1:32:34	
Finish	-	24:43	-	22	7:28	27	7:28	38.00	5:26:50	-	33	1:40:02	36	1:40:02	