



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ingrid Østrem

Number: 176

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 5:51:46

Speed: 6.48 km/h

Running performance: 9:16 min/km

Rank in course: 65 (of 143)

Best time in course: 3:46:48

Rank in category: 6(of 25)

Best time in the category: 4:52:24

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	-	1:27:07	-	7	16:31	91	29:45	-	1:27:07	-	7	16:31	91	29:45	
Hogstad	-	1:01:29	-	4	6:03	50	16:35	-	2:28:36	-	7	22:34	70	46:20	
Storaberget	-	28:01	-	5	3:01	49	8:36	-	2:56:37	-	6	25:32	66	54:56	
Myland	-	1:26:04	-	10	1:16:45	74	1:16:45	-	4:22:41	-	8	40:25	66	1:29:10	
Vårlivarde	-	21:29	-	8	5:24	42	8:59	-	4:44:10	-	7	45:49	65	1:38:09	
Lauvås	-	43:12	-	11	11:53	79	20:59	-	5:27:22	-	7	56:45	65	1:57:49	
Finish	-	24:24	-	5	2:37	24	7:09	38.00	5:51:46	-	6	59:22	65	2:04:58	