



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Rune Sævik

Total time: 5:28:05

Number: 21

Speed: 6.95 km/h

Running performance: 8:39 min/km

Course: 38.00 km

Trail Run

Rank in course: 39 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 36(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Dale	-	1:16:46	-	47	19:24	49	19:24	-	1:16:46	-	47	19:24	49	19:24
Hogstad	-	1:04:06	-	56	19:12	61	19:12	-	2:20:52	-	49	38:36	52	38:36
Storaberget	-	29:19	-	59	9:54	65	9:54	-	2:50:11	-	49	48:30	52	48:30
Myland	-	1:13:50	-	26	22:00	30	1:04:31	-	4:04:01	-	42	1:10:30	46	1:10:30
Vårlivarde	-	21:56	-	38	9:26	48	9:26	-	4:25:57	-	39	1:19:56	42	1:19:56
Lauvås	-	37:03	-	29	14:50	32	14:50	-	5:03:00	-	37	1:33:27	40	1:33:27
Finish	-	25:05	-	26	7:50	32	7:50	38.00	5:28:05	-	36	1:41:17	39	1:41:17