



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ketil Helgevold

Club: Skjalg

Number: 161

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:28:12

Speed: 6.95 km/h

Running performance: 8:39 min/km

Rank in course: 40 (of 143)

Best time in course: 3:46:48

Rank in category: 37(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		Behind		Total		Total		Pos		Behind		
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total		
Dale	-	1:14:31	-	29	17:09	31	17:09	-	1:14:31	-	29	17:09	31	17:09		
Hogstad	-	57:56	-	25	13:02	27	13:02	-	2:12:27	-	27	30:11	29	30:11		
Storaberget	-	26:10	-	24	6:45	26	6:45	-	2:38:37	-	31	36:56	33	36:56		
Myland	-	1:22:21	-	50	30:31	56	1:13:02	-	4:00:58	-	37	1:07:27	41	1:07:27		
Vårlivarde	-	21:01	-	30	8:31	36	8:31	-	4:21:59	-	33	1:15:58	36	1:15:58		
Lauvås	-	41:32	-	57	19:19	64	19:19	-	5:03:31	-	39	1:33:58	42	1:33:58		
Finish	-	24:41	-	21	7:26	26	7:26	38.00	5:28:12	-	37	1:41:24	40	1:41:24		