



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Arne Lima**

Club: Bogafjell sykleklubb/Kruse Smith

Number: 17

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:28:47

Speed: 6.93 km/h

Running performance: 8:40 min/km

Rank in course: 41 (of 143)

Best time in course: 3:46:48

Rank in category: 38(of 118)

Best time in the category: 3:46:48

### Intermediate times

### Stage score

### Total ranking

| Control     | Split km | Split Time | Split min/km | Stage score |        | Stage score |         | Total ranking |            | Total ranking |     | Total ranking |     |         |
|-------------|----------|------------|--------------|-------------|--------|-------------|---------|---------------|------------|---------------|-----|---------------|-----|---------|
|             |          |            |              | Pos         | Behind | Pos         | Behind  | Total km      | Total Time | Total min/km  | Pos | Behind        | Pos | Behind  |
|             |          |            |              | Cat.        | Cat.   | Total       | Total   |               |            |               |     |               |     |         |
| Dale        | -        | 1:18:56    | -            | 55          | 21:34  | 57          | 21:34   | -             | 1:18:56    | -             | 55  | 21:34         | 57  | 21:34   |
| Hogstad     | -        | 1:02:09    | -            | 49          | 17:15  | 53          | 17:15   | -             | 2:21:05    | -             | 50  | 38:49         | 53  | 38:49   |
| Storaberget | -        | 29:00      | -            | 56          | 9:35   | 62          | 9:35    | -             | 2:50:05    | -             | 48  | 48:24         | 51  | 48:24   |
| Myland      | -        | 1:13:40    | -            | 25          | 21:50  | 29          | 1:04:21 | -             | 4:03:45    | -             | 39  | 1:10:14       | 43  | 1:10:14 |
| Vårlivarde  | -        | 22:03      | -            | 41          | 9:33   | 53          | 9:33    | -             | 4:25:48    | -             | 38  | 1:19:47       | 41  | 1:19:47 |
| Lauvås      | -        | 37:11      | -            | 31          | 14:58  | 34          | 14:58   | -             | 5:02:59    | -             | 36  | 1:33:26       | 39  | 1:33:26 |
| Finish      | -        | 25:48      | -            | 37          | 8:33   | 44          | 8:33    | 38.00         | 5:28:47    | -             | 38  | 1:41:59       | 41  | 1:41:59 |