



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Joachim De C. Knutsen

Club: Riska FK

Number: 92

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:29:49

Speed: 6.91 km/h

Running performance: 8:41 min/km

Rank in course: 42 (of 143)

Best time in course: 3:46:48

Rank in category: 39(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 Cat.	Behind Cat.	Stage score		Total			Pos Cat.	Behind Cat.	Total ranking	
						Pos Total	Behind Total	Total km	Total Time	Total min/km			Pos Total	Behind Total
Dale	-	1:08:10	-	13	10:48	13	10:48	-	1:08:10	-	13	10:48	13	10:48
Hogstad	-	57:40	-	23	12:46	25	12:46	-	2:05:50	-	14	23:34	14	23:34
Storaberget	-	30:45	-	71	11:20	81	11:20	-	2:36:35	-	20	34:54	22	34:54
Myland	-	1:27:10	-	69	35:20	79	1:17:51	-	4:03:45	-	39	1:10:14	43	1:10:14
Vårlivarde	-	23:01	-	61	10:31	73	10:31	-	4:26:46	-	42	1:20:45	45	1:20:45
Lauvås	-	36:57	-	27	14:44	30	14:44	-	5:03:43	-	42	1:34:10	45	1:34:10
Finish	-	26:06	-	38	8:51	46	8:51	38.00	5:29:49	-	39	1:43:01	42	1:43:01