



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Tor Albert Ersdal

Club: Skjalg

Number: 36

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:30:08

Speed: 6.91 km/h

Running performance: 8:42 min/km

Rank in course: 43 (of 143)

Best time in course: 3:46:48

Rank in category: 40(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	-	1:14:32	-	30	17:10	32	17:10	-	1:14:32	-	30	17:10	32	17:10		
Hogstad	-	57:54	-	24	13:00	26	13:00	-	2:12:26	-	26	30:10	28	30:10		
Storaberget	-	26:10	-	24	6:45	26	6:45	-	2:38:36	-	30	36:55	32	36:55		
Myland	-	1:21:23	-	48	29:33	54	1:12:04	-	3:59:59	-	32	1:06:28	36	1:06:28		
Vårlivarde	-	21:59	-	39	9:29	51	9:29	-	4:21:58	-	32	1:15:57	35	1:15:57		
Lauvås	-	41:32	-	57	19:19	64	19:19	-	5:03:30	-	38	1:33:57	41	1:33:57		
Finish	-	26:38	-	45	9:23	53	9:23	38.00	5:30:08	-	40	1:43:20	43	1:43:20		