



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Årstein Skjæveland

Club: Sagene IF sykkel-Triatlon

Number: 74

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:30:14

Speed: 6.90 km/h

Running performance: 8:42 min/km

Rank in course: 44 (of 143)

Best time in course: 3:46:48

Rank in category: 41(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			Pos Total	Behind Total	
Dale	-	1:13:34	-	23	16:12	24	16:12	-	1:13:34	-	23	16:12	24	16:12
Hogstad	-	1:00:07	-	37	15:13	40	15:13	-	2:13:41	-	31	31:25	33	31:25
Storaberget	-	28:17	-	46	8:52	51	8:52	-	2:41:58	-	35	40:17	37	40:17
Myland	-	1:18:05	-	38	26:15	42	1:08:46	-	4:00:03	-	33	1:06:32	37	1:06:32
Vårlivarde	-	22:02	-	40	9:32	52	9:32	-	4:22:05	-	34	1:16:04	37	1:16:04
Lauvås	-	40:00	-	51	17:47	58	17:47	-	5:02:05	-	33	1:32:32	36	1:32:32
Finish	-	28:09	-	61	10:54	72	10:54	38.00	5:30:14	-	41	1:43:26	44	1:43:26