



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Morten Helland

Club: RPIL

Number: 72

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:30:29

Speed: 6.90 km/h

Running performance: 8:42 min/km

Rank in course: 45 (of 143)

Best time in course: 3:46:48

Rank in category: 42(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	km	Time			min/km	Pos Total	Behind Total
Dale	-	1:19:47	-	58	22:25	63	22:25	-	1:19:47	-	58	22:25	63	22:25
Hogstad	-	1:04:59	-	59	20:05	65	20:05	-	2:24:46	-	58	42:30	62	42:30
Storaberget	-	27:25	-	38	8:00	41	8:00	-	2:52:11	-	54	50:30	57	50:30
Myland	-	1:15:58	-	30	24:08	34	1:06:39	-	4:08:09	-	47	1:14:38	51	1:14:38
Vårlivarde	-	19:17	-	22	6:47	25	6:47	-	4:27:26	-	44	1:21:25	47	1:21:25
Lauvås	-	36:15	-	23	14:02	26	14:02	-	5:03:41	-	40	1:34:08	43	1:34:08
Finish	-	26:48	-	49	9:33	58	9:33	38.00	5:30:29	-	42	1:43:41	45	1:43:41