



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Eli Garvik Rasdal

Club: Gjesdal IL

Number: 118

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 5:54:14

Speed: 6.44 km/h

Running performance: 9:20 min/km

Rank in course: 67 (of 143)

Best time in course: 3:46:48

Rank in category: 7(of 25)

Best time in the category: 4:52:24

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:19:03	-	3	8:27	59	21:41	-	1:19:03	-	3	8:27	59	21:41
Hogstad	-	1:04:09	-	6	8:43	62	19:15	-	2:23:12	-	4	17:10	60	40:56
Storaberget	-	30:36	-	10	5:36	78	11:11	-	2:53:48	-	5	22:43	61	52:07
Myland	-	1:27:13	-	11	1:17:54	80	1:17:54	-	4:21:01	-	7	38:45	65	1:27:30
Vårlivarde	-	21:03	-	7	4:58	37	8:33	-	4:42:04	-	6	43:43	64	1:36:03
Lauvås	-	43:08	-	10	11:49	78	20:55	-	5:25:12	-	6	54:35	63	1:55:39
Finish	-	29:02	-	12	7:15	84	11:47	38.00	5:54:14	-	7	1:01:50	67	2:07:26