



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ånund Olsen

Total time: 5:37:28

Number: 144

Speed: 6.76 km/h

Running performance: 8:53 min/km

Course: 38.00 km

Trail Run

Rank in course: 49 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 45(of 118)

mann

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	-	1:17:08	-	50	19:46	52	19:46	-	1:17:08	-	50	19:46	52	19:46	
Hogstad	-	1:09:36	-	72	24:42	80	24:42	-	2:26:44	-	60	44:28	66	44:28	
Storaberget	-	29:50	-	63	10:25	70	10:25	-	2:56:34	-	60	54:53	65	54:53	
Myland	-	1:19:23	-	40	27:33	45	1:10:04	-	4:15:57	-	55	1:22:26	60	1:22:26	
Vårlivarde	-	22:30	-	50	10:00	62	10:00	-	4:38:27	-	55	1:32:26	59	1:32:26	
Lauvås	-	37:09	-	30	14:56	33	14:56	-	5:15:36	-	49	1:46:03	53	1:46:03	
Finish	-	21:52	-	4	4:37	5	4:37	38.00	5:37:28	-	45	1:50:40	49	1:50:40	