



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Rasmus Danielsen Fjørtoft

Total time: 5:37:50

Number: 182

Speed: 6.75 km/h

Running performance: 8:54 min/km

Course: 38.00 km

Trail Run

Rank in course: 50 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 46(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	-	1:15:53	-	41	18:31	43	18:31	-	1:15:53	-	41	18:31	43	18:31	
Hogstad	-	59:59	-	36	15:05	38	15:05	-	2:15:52	-	38	33:36	40	33:36	
Storaberget	-	29:07	-	57	9:42	63	9:42	-	2:44:59	-	45	43:18	47	43:18	
Myland	-	1:20:58	-	45	29:08	50	1:11:39	-	4:05:57	-	45	1:12:26	49	1:12:26	
Vårlivarde	-	22:27	-	46	9:57	58	9:57	-	4:28:24	-	46	1:22:23	49	1:22:23	
Lauvås	-	40:34	-	54	18:21	61	18:21	-	5:08:58	-	45	1:39:25	49	1:39:25	
Finish	-	28:52	-	71	11:37	82	11:37	38.00	5:37:50	-	46	1:51:02	50	1:51:02	