



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Fredrik Hatlestad

Club: Qaualisoft

Number: 171

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:39:31

Speed: 6.72 km/h

Running performance: 8:57 min/km

Rank in course: 51 (of 143)

Best time in course: 3:46:48

Rank in category: 47(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		Total ranking		Pos Cat.	Behind Cat.	Pos Total	Behind Total	
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Total Total					
Dale	-	1:14:55	-	36	17:33	38	17:33	-	1:14:55	-	36	17:33	38	17:33		
Hogstad	-	1:00:21	-	39	15:27	42	15:27	-	2:15:16	-	35	33:00	37	33:00		
Storaberget	-	28:29	-	48	9:04	53	9:04	-	2:43:45	-	38	42:04	40	42:04		
Myland	-	1:24:23	-	60	32:33	68	1:15:04	-	4:08:08	-	46	1:14:37	50	1:14:37		
Vårlivarde	-	20:17	-	27	7:47	32	7:47	-	4:28:25	-	47	1:22:24	50	1:22:24		
Lauvås	-	41:35	-	59	19:22	66	19:22	-	5:10:00	-	46	1:40:27	50	1:40:27		
Finish	-	29:31	-	79	12:16	91	12:16	38.00	5:39:31	-	47	1:52:43	51	1:52:43		