



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ommund Øvrelid

Club: Sysco Runners

Number: 132

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:40:00

Speed: 6.71 km/h

Running performance: 8:57 min/km

Rank in course: 53 (of 143)

Best time in course: 3:46:48

Rank in category: 49(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.	Pos Total	Behind Total
						Pos Total	Behind Total	Total km	Total Time	Total min/km				
Dale	-	1:21:37	-	63	24:15	68	24:15	-	1:21:37	-	63	24:15	68	24:15
Hogstad	-	1:03:12	-	54	18:18	59	18:18	-	2:24:49	-	59	42:33	63	42:33
Storaberget	-	27:44	-	41	8:19	45	8:19	-	2:52:33	-	55	50:52	59	50:52
Myland	-	1:23:04	-	54	31:14	61	1:13:45	-	4:15:37	-	53	1:22:06	58	1:22:06
Vårlivarde	-	22:32	-	53	10:02	65	10:02	-	4:38:09	-	54	1:32:08	58	1:32:08
Lauvås	-	37:28	-	33	15:15	36	15:15	-	5:15:37	-	50	1:46:04	54	1:46:04
Finish	-	24:23	-	19	7:08	23	7:08	38.00	5:40:00	-	49	1:53:12	53	1:53:12