



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Stian Fosså**

Club: Stavanger skiklubb

Number: 172

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:44:36

Speed: 6.62 km/h

Running performance: 9:05 min/km

Rank in course: 57 (of 143)

Best time in course: 3:46:48

Rank in category: 52(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Dale	-	1:21:18	-	62	23:56	67	23:56	-	1:21:18	-	62	23:56	67	23:56
Hogstad	-	1:00:35	-	40	15:41	43	15:41	-	2:21:53	-	51	39:37	54	39:37
Storaberget	-	28:22	-	47	8:57	52	8:57	-	2:50:15	-	50	48:34	53	48:34
Myland	-	1:20:09	-	42	28:19	47	1:10:50	-	4:10:24	-	50	1:16:53	54	1:16:53
Vårlivarde	-	21:08	-	31	8:38	38	8:38	-	4:31:32	-	50	1:25:31	54	1:25:31
Lauvås	-	45:42	-	78	23:29	91	23:29	-	5:17:14	-	52	1:47:41	57	1:47:41
Finish	-	27:22	-	53	10:07	62	10:07	38.00	5:44:36	-	52	1:57:48	57	1:57:48