



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

Jan Nessa

Total time: 5:46:31

Number: 164

Speed: 6.58 km/h

Running performance: 9:08 min/km

Course: 38.00 km

Trail Run

Rank in course: 59 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 54(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	-	1:16:41	-	45	19:19	47	19:19	-	1:16:41	-	45	19:19	47	19:19	
Hogstad	-	1:00:37	-	41	15:43	44	15:43	-	2:17:18	-	43	35:02	45	35:02	
Storaberget	-	29:38	-	61	10:13	68	10:13	-	2:46:56	-	46	45:15	48	45:15	
Myland	-	1:21:14	-	47	29:24	52	1:11:55	-	4:08:10	-	48	1:14:39	52	1:14:39	
Vårlivarde	-	22:30	-	50	10:00	62	10:00	-	4:30:40	-	49	1:24:39	53	1:24:39	
Lauvås	-	47:18	-	87	25:05	100	25:05	-	5:17:58	-	54	1:48:25	59	1:48:25	
Finish	-	28:33	-	66	11:18	77	11:18	38.00	5:46:31	-	54	1:59:43	59	1:59:43	