



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Johanna Håland

Club: Bryne Triatlonklubb

Number: 134

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 6:06:02

Speed: 6.23 km/h

Running performance: 9:38 min/km

Rank in course: 75 (of 143)

Best time in course: 3:46:48

Rank in category: 8(of 25)

Best time in the category: 4:52:24

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.	Total ranking		
						Pos Total	Behind Total	Total km	Total Time			Pos Total	Behind Total	
Dale	-	1:27:11	-	9	16:35	93	29:49	-	1:27:11	-	9	16:35	93	29:49
Hogstad	-	1:08:02	-	8	12:36	76	23:08	-	2:35:13	-	8	29:11	79	52:57
Storaberget	-	28:47	-	6	3:47	60	9:22	-	3:04:00	-	8	32:55	76	1:02:19
Myland	-	1:28:08	-	13	1:18:49	82	1:18:49	-	4:32:08	-	9	49:52	77	1:38:37
Vårlivarde	-	21:57	-	11	5:52	49	9:27	-	4:54:05	-	8	55:44	74	1:48:04
Lauvås	-	44:19	-	13	13:00	86	22:06	-	5:38:24	-	8	1:07:47	76	2:08:51
Finish	-	27:38	-	10	5:51	64	10:23	38.00	6:06:02	-	8	1:13:38	75	2:19:14