



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Jack Aubrey Snell

Club: Øl og kondis

Number: 96

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:51:30

Speed: 6.49 km/h

Running performance: 9:15 min/km

Rank in course: 61 (of 143)

Best time in course: 3:46:48

Rank in category: 56(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. | Total ranking | | |
|-------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|-------|---------|-------------|----------------|---------------|--------------|-----------------|
| | | | | | | Pos Total | Behind Total | km | Time | | | min/km | Pos Total | Behind Total |
| Dale | - | 1:13:36 | - | 24 | 16:14 | 25 | 16:14 | - | 1:13:36 | - | 24 | 16:14 | 25 | 16:14 |
| Hogstad | - | 1:00:56 | - | 44 | 16:02 | 47 | 16:02 | - | 2:14:32 | - | 32 | 32:16 | 34 | 32:16 |
| Storaberget | - | 27:45 | - | 42 | 8:20 | 46 | 8:20 | - | 2:42:17 | - | 36 | 40:36 | 38 | 40:36 |
| Myland | - | 1:29:23 | - | 76 | 37:33 | 91 | 1:20:04 | - | 4:11:40 | - | 51 | 1:18:09 | 56 | 1:18:09 |
| Vårlivarde | - | 22:55 | - | 57 | 10:25 | 69 | 10:25 | - | 4:34:35 | - | 51 | 1:28:34 | 55 | 1:28:34 |
| Lauvås | - | 50:39 | - | 97 | 28:26 | 112 | 28:26 | - | 5:25:14 | - | 58 | 1:55:41 | 64 | 1:55:41 |
| Finish | - | 26:16 | - | 40 | 9:01 | 48 | 9:01 | 38.00 | 5:51:30 | - | 56 | 2:04:42 | 61 | 2:04:42 |