



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			Total ranking			
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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