



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Asbjørn Øksendal

Number: 156

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:51:44

Speed: 6.48 km/h

Running performance: 9:16 min/km

Rank in course: 64 (of 143)

Best time in course: 3:46:48

Rank in category: 59(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.	Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:21:37	-	63	24:15	68	24:15	-	1:21:37	-	63	24:15	68	24:15
Hogstad	-	1:06:59	-	66	22:05	73	22:05	-	2:28:36	-	64	46:20	70	46:20
Storaberget	-	32:46	-	85	13:21	97	13:21	-	3:01:22	-	63	59:41	70	59:41
Myland	-	1:23:18	-	57	31:28	64	1:13:59	-	4:24:40	-	61	1:31:09	69	1:31:09
Vårlivarde	-	24:44	-	77	12:14	92	12:14	-	4:49:24	-	60	1:43:23	67	1:43:23
Lauvås	-	37:59	-	34	15:46	38	15:46	-	5:27:23	-	59	1:57:50	66	1:57:50
Finish	-	24:21	-	18	7:06	22	7:06	38.00	5:51:44	-	59	2:04:56	64	2:04:56