



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Per Inge Sommerseth

Total time: 5:53:40

Number: 91

Speed: 6.45 km/h

Running performance: 9:19 min/km

Course: 38.00 km

Trail Run

Rank in course: 66 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 60(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 ranking						
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:19:41	-	57	22:19	62	22:19	-	1:19:41	-	57	22:19	62	22:19
Hogstad	-	1:03:26	-	55	18:32	60	18:32	-	2:23:07	-	56	40:51	59	40:51
Storaberget	-	28:37	-	52	9:12	57	9:12	-	2:51:44	-	53	50:03	56	50:03
Myland	-	1:26:11	-	65	34:21	75	1:16:52	-	4:17:55	-	58	1:24:24	63	1:24:24
Vårlivarde	-	22:12	-	44	9:42	56	9:42	-	4:40:07	-	57	1:34:06	62	1:34:06
Lauvås	-	44:28	-	74	22:15	87	22:15	-	5:24:35	-	57	1:55:02	62	1:55:02
Finish	-	29:05	-	73	11:50	85	11:50	38.00	5:53:40	-	60	2:06:52	66	2:06:52