



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Eirik Duesten

Club: Gti Friidrettsklubb/Petrol

Number: 85

Course: 38.00 km

Trail Run

Category:

mann

Total time: 5:57:03

Speed: 6.39 km/h

Running performance: 9:24 min/km

Rank in course: 68 (of 143)

Best time in course: 3:46:48

Rank in category: 61(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		Total ranking		
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:21:54	-	65	24:32	70	24:32	-	1:21:54	-	65	24:32	70	24:32
Hogstad	-	1:06:07	-	62	21:13	68	21:13	-	2:28:01	-	63	45:45	69	45:45
Storaberget	-	30:21	-	66	10:56	74	10:56	-	2:58:22	-	61	56:41	68	56:41
Myland	-	1:29:10	-	75	37:20	89	1:19:51	-	4:27:32	-	62	1:34:01	70	1:34:01
Vårlivarde	-	23:05	-	62	10:35	74	10:35	-	4:50:37	-	61	1:44:36	68	1:44:36
Lauvås	-	39:26	-	44	17:13	51	17:13	-	5:30:03	-	61	2:00:30	68	2:00:30
Finish	-	27:00	-	50	9:45	59	9:45	38.00	5:57:03	-	61	2:10:15	68	2:10:15