



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

John Henrik Kirkeli

Number: 121

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:01:55

Speed: 6.30 km/h

Running performance: 9:32 min/km

Rank in course: 71 (of 143)

Best time in course: 3:46:48

Rank in category: 64(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		Pos Cat.	Behind Cat.	Pos Total	Behind Total
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Total Total				
Dale	-	1:20:49	-	61	23:27	66	23:27	-	1:20:49	-	61	23:27	66	23:27	
Hogstad	-	1:08:22	-	70	23:28	78	23:28	-	2:29:11	-	65	46:55	72	46:55	
Storaberget	-	35:53	-	96	16:28	113	16:28	-	3:05:04	-	69	1:03:23	77	1:03:23	
Myland	-	1:30:29	-	78	38:39	93	1:21:10	-	4:35:33	-	72	1:42:02	81	1:42:02	
Vårlivarde	-	24:46	-	78	12:16	93	12:16	-	5:00:19	-	74	1:54:18	82	1:54:18	
Lauvås	-	36:30	-	26	14:17	29	14:17	-	5:36:49	-	67	2:07:16	74	2:07:16	
Finish	-	25:06	-	27	7:51	33	7:51	38.00	6:01:55	-	64	2:15:07	71	2:15:07	