



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Angelina Hjelleset**

Club: Gti Friidrettsklubb

Number: 24

Course: 38.00 km

Trail Run

Category:

kvinne

Total time: 6:07:56

Speed: 6.20 km/h

Running performance: 9:41 min/km

Rank in course: 78 (of 143)

Best time in course: 3:46:48

Rank in category: 9(of 25)

Best time in the category: 4:52:24

### 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	Pos Cat.	Behind Cat.	Pos Total	Behind Total	
Dale	-	1:29:32	-	11	18:56	101	32:10	-	1:29:32	-	11	18:56	101	32:10
Hogstad	-	1:11:13	-	9	15:47	84	26:19	-	2:40:45	-	11	34:43	95	58:29
Storaberget	-	29:36	-	7	4:36	67	10:11	-	3:10:21	-	9	39:16	87	1:08:40
Myland	-	1:29:21	-	15	1:20:02	90	1:20:02	-	4:39:42	-	11	57:26	86	1:46:11
Vårlivarde	-	21:51	-	10	5:46	47	9:21	-	5:01:33	-	10	1:03:12	85	1:55:32
Lauvås	-	42:27	-	9	11:08	74	20:14	-	5:44:00	-	10	1:13:23	85	2:14:27
Finish	-	23:56	-	3	2:09	18	6:41	38.00	6:07:56	-	9	1:15:32	78	2:21:08