



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

James Edward Haynes

Number: 35

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:02:14

Speed: 6.29 km/h

Running performance: 9:32 min/km

Rank in course: 72 (of 143)

Best time in course: 3:46:48

Rank in category: 65(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		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Dale	-	1:24:56	-	72	27:34	78	27:34	-	1:24:56	-	72	27:34	78	27:34
Hogstad	-	1:05:40	-	60	20:46	66	20:46	-	2:30:36	-	67	48:20	74	48:20
Storaberget	-	28:42	-	54	9:17	59	9:17	-	2:59:18	-	62	57:37	69	57:37
Myland	-	1:31:13	-	80	39:23	95	1:21:54	-	4:30:31	-	67	1:37:00	75	1:37:00
Vårlivarde	-	22:31	-	52	10:01	64	10:01	-	4:53:02	-	66	1:47:01	73	1:47:01
Lauvås	-	43:54	-	72	21:41	83	21:41	-	5:36:56	-	68	2:07:23	75	2:07:23
Finish	-	25:18	-	28	8:03	34	8:03	38.00	6:02:14	-	65	2:15:26	72	2:15:26