



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Morten Falkeid

Club: SUS BIL

Number: 139

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:02:47

Speed: 6.28 km/h

Running performance: 9:33 min/km

Rank in course: 73 (of 143)

Best time in course: 3:46:48

Rank in category: 66(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	-	1:24:55	-	70	27:33	76	27:33	-	1:24:55	-	70	27:33	76	27:33
Hogstad	-	1:07:09	-	67	22:15	74	22:15	-	2:32:04	-	69	49:48	76	49:48
Storaberget	-	30:26	-	67	11:01	75	11:01	-	3:02:30	-	66	1:00:49	73	1:00:49
Myland	-	1:25:19	-	64	33:29	72	1:16:00	-	4:27:49	-	64	1:34:18	72	1:34:18
Vårlivarde	-	24:46	-	78	12:16	93	12:16	-	4:52:35	-	65	1:46:34	72	1:46:34
Lauvås	-	41:04	-	56	18:51	63	18:51	-	5:33:39	-	64	2:04:06	71	2:04:06
Finish	-	29:08	-	74	11:53	86	11:53	38.00	6:02:47	-	66	2:15:59	73	2:15:59