



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Kim Åke Sviland

Total time: 6:04:35

Number: 138

Speed: 6.25 km/h

Running performance: 9:36 min/km

Course: 38.00 km

Trail Run

Rank in course: 74 (of 143)

Best time in course: 3:46:48

Category:

Rank in category: 67(of 118)

mann

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		Total		Pos		Behind		
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total		
Dale	-	1:25:18	-	77	27:56	83	27:56	-	1:25:18	-	77	27:56	83	27:56		
Hogstad	-	1:11:05	-	74	26:11	82	26:11	-	2:36:23	-	75	54:07	83	54:07		
Storaberget	-	29:39	-	62	10:14	69	10:14	-	3:06:02	-	71	1:04:21	79	1:04:21		
Myland	-	1:23:31	-	58	31:41	65	1:14:12	-	4:29:33	-	65	1:36:02	73	1:36:02		
Vårlivarde	-	23:00	-	60	10:30	72	10:30	-	4:52:33	-	64	1:46:32	71	1:46:32		
Lauvås	-	42:50	-	68	20:37	77	20:37	-	5:35:23	-	66	2:05:50	73	2:05:50		
Finish	-	29:12	-	75	11:57	87	11:57	38.00	6:04:35	-	67	2:17:47	74	2:17:47		