



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Børge Sommerseth

Total time: 6:07:32

Number: 19

Speed: 6.20 km/h

Running performance: 9:41 min/km

Course: 38.00 km

Trail Run

Rank in course: 76 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 68(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		Total		Pos		Behind	
				Cat.	Cat.	Total	Total	km	Time	min/km	Cat.	Cat.	Total	Total	
Dale	-	1:29:42	-	94	32:20	105	32:20	-	1:29:42	-	94	32:20	105	32:20	
Hogstad	-	1:11:51	-	81	26:57	91	26:57	-	2:41:33	-	89	59:17	100	59:17	
Storaberget	-	30:42	-	69	11:17	79	11:17	-	3:12:15	-	84	1:10:34	95	1:10:34	
Myland	-	1:23:16	-	56	31:26	63	1:13:57	-	4:35:31	-	71	1:42:00	80	1:42:00	
Vårlivarde	-	23:59	-	72	11:29	86	11:29	-	4:59:30	-	73	1:53:29	81	1:53:29	
Lauvås	-	40:37	-	55	18:24	62	18:24	-	5:40:07	-	72	2:10:34	80	2:10:34	
Finish	-	27:25	-	54	10:10	63	10:10	38.00	6:07:32	-	68	2:20:44	76	2:20:44	