



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Børge Sommerseth

Number: 19

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:07:32

Speed: 6.20 km/h

Running performance: 9:41 min/km

Rank in course: 76 (of 143)

Best time in course: 3:46:48

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 Cat. | Behind Cat. | Stage score | | Total | | Total | | Pos Cat. | Behind Cat. | Total ranking | |
|-------------|----------|------------|--------------|----------|-------------|-------------|--------------|----------|------------|--------------|-----------|----------|-------------|---------------|--|
| | | | | | | Pos Total | Behind Total | Total km | Total Time | Total min/km | Pos Total | | | Behind 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 | |