



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Jostein Dirdal Jonassen

Club: Hommersåk IBK

Number: 46

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:07:57

Speed: 6.20 km/h

Running performance: 9:41 min/km

Rank in course: 79 (of 143)

Best time in course: 3:46:48

Rank in category: 70(of 118)

Best time in the category: 3:46:48

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score		Total ranking		Total km	Total Time	Total min/km	Stage score		Total ranking	
				Pos Cat.	Behind Cat.	Pos Total	Behind Total				Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:30:21	-	99	32:59	110	32:59	-	1:30:21	-	99	32:59	110	32:59
Hogstad	-	1:16:18	-	94	31:24	107	31:24	-	2:46:39	-	92	1:04:23	103	1:04:23
Storaberget	-	28:30	-	49	9:05	54	9:05	-	3:15:09	-	90	1:13:28	101	1:13:28
Myland	-	1:20:31	-	44	28:41	49	1:11:12	-	4:35:40	-	74	1:42:09	83	1:42:09
Vårlivarde	-	22:28	-	47	9:58	59	9:58	-	4:58:08	-	70	1:52:07	78	1:52:07
Lauvås	-	41:58	-	62	19:45	70	19:45	-	5:40:06	-	71	2:10:33	79	2:10:33
Finish	-	27:51	-	59	10:36	70	10:36	38.00	6:07:57	-	70	2:21:09	79	2:21:09