



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Bjørn Petter Krakereid

Total time: 6:10:59

Number: 13

Speed: 6.15 km/h

Running performance: 9:46 min/km

Course: 38.00 km

Trail Run

Rank in course: 81 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 71(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	-	1:25:52	-	83	28:30	89	28:30	-	1:25:52	-	83	28:30	89	28:30	
Hogstad	-	1:12:33	-	84	27:39	96	27:39	-	2:38:25	-	79	56:09	87	56:09	
Storaberget	-	32:26	-	81	13:01	93	13:01	-	3:10:51	-	80	1:09:10	89	1:09:10	
Myland	-	1:24:54	-	62	33:04	70	1:15:35	-	4:35:45	-	75	1:42:14	84	1:42:14	
Vårlivarde	-	25:00	-	83	12:30	98	12:30	-	5:00:45	-	75	1:54:44	84	1:54:44	
Lauvås	-	42:11	-	64	19:58	72	19:58	-	5:42:56	-	74	2:13:23	83	2:13:23	
Finish	-	28:03	-	60	10:48	71	10:48	38.00	6:10:59	-	71	2:24:11	81	2:24:11	