



Mellomtider Riska TrailRun

Riska / 20.05.2017

Detailed evaluation

Ståle Dyrøy Jørgensen

Total time: 6:11:02

Number: 119

Speed: 6.15 km/h

Running performance: 9:46 min/km

Course: 38.00 km

Trail Run

Rank in course: 83 (of 143)

Best time in course: 3:46:48

Category:

mann

Rank in category: 73(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 km	Total Time	Total min/km	Pos		Behind	
				Cat.	Total	Cat.	Total				Cat.	Total	Cat.	Total
Dale	-	1:30:03	-	98	32:41	109	32:41	-	1:30:03	-	98	32:41	109	32:41
Hogstad	-	1:10:44	-	73	25:50	81	25:50	-	2:40:47	-	85	58:31	96	58:31
Storaberget	-	31:53	-	77	12:28	89	12:28	-	3:12:40	-	86	1:10:59	97	1:10:59
Myland	-	1:22:56	-	53	31:06	60	1:13:37	-	4:35:36	-	73	1:42:05	82	1:42:05
Vårlivarde	-	22:33	-	54	10:03	66	10:03	-	4:58:09	-	71	1:52:08	79	1:52:08
Lauvås	-	41:50	-	61	19:37	69	19:37	-	5:39:59	-	70	2:10:26	78	2:10:26
Finish	-	31:03	-	84	13:48	96	13:48	38.00	6:11:02	-	73	2:24:14	83	2:24:14