



# Mellomtider Riska TrailRun

Riska / 20.05.2017

## Detailed evaluation

**Pål Erland**

Club: Gti Friidrettsklubb

Number: 37

Course: 38.00 km

Trail Run

Category:

mann

Total time: 6:14:44

Speed: 6.08 km/h

Running performance: 9:52 min/km

Rank in course: 84 (of 143)

Best time in course: 3:46:48

Rank in category: 74(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		Total ranking		
						Pos Total	Behind Total	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Total	Behind Total
Dale	-	1:23:57	-	69	26:35	75	26:35	-	1:23:57	-	69	26:35	75	26:35
Hogstad	-	1:06:14	-	63	21:20	69	21:20	-	2:30:11	-	66	47:55	73	47:55
Storaberget	-	32:24	-	80	12:59	92	12:59	-	3:02:35	-	68	1:00:54	75	1:00:54
Myland	-	1:28:39	-	71	36:49	84	1:19:20	-	4:31:14	-	68	1:37:43	76	1:37:43
Vårlivarde	-	27:09	-	97	14:39	112	14:39	-	4:58:23	-	72	1:52:22	80	1:52:22
Lauvås	-	48:39	-	91	26:26	106	26:26	-	5:47:02	-	77	2:17:29	88	2:17:29
Finish	-	27:42	-	57	10:27	67	10:27	38.00	6:14:44	-	74	2:27:56	84	2:27:56