



Detailed evaluation

Gunnar Haarr

Number: 59

Course: 226.00 km
Ultra Triathlon

Category:
Male

Total time: 12:14:32

Speed: 18.46 km/h

Running performance: 3:16 min/km

Rank in course/Total: 4 (of 99)

Rank in course/Men: 4 (of 91)

Best time in course: 11:24:54

Rank in category: 4(of 91)

Best time in the category: 11:24:54

Control	Intermediate times							Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Exit Water	-	1:19:13	-	2	2:44	2	2:44	-	1:19:13	-	2	2:44	2	2:44	
Start Bike	-	8:38	-	12	5:13	12	5:13	-	1:27:51	-	2	2:51	2	2:51	
Peak 932	-	1:06:10	-	3	10:28	3	10:28	-	2:34:01	-	1	-	1	-	
Exit Fv986	-	28:58	-	5	13:26	5	13:26	-	3:02:59	-	1	-	1	-	
Top Hunnedalen	-	40:08	-	2	1:31	2	1:31	-	3:43:07	-	1	-	1	-	
Byrkjedalstunet	-	48:54	-	3	37:57	3	37:57	-	4:32:01	-	1	-	1	-	
Exit at 113	-	31:59	-	1	-	1	-	-	5:04:00	-	1	-	1	-	
Exit E39	-	38:05	-	6	19:44	6	19:44	-	5:42:05	-	1	-	1	-	
Exit RV44	-	1:30:09	-	6	10:20	6	10:20	-	7:12:14	-	1	-	1	-	
Off Bike	-	29:15	-	6	2:56	6	2:56	-	7:41:29	-	3	0:21	3	0:21	
Start Run	-	3:00	-	8	1:45	8	1:45	-	7:44:29	-	3	2:06	3	2:06	
Tjelta	-	1:21:14	-	47	46:46	47	46:46	-	9:05:43	-	4	34:30	4	34:30	
Solastrand Hotel	-	55:50	-	12	25:25	12	25:25	-	10:01:33	-	4	35:41	4	35:41	
Kvernevik 1	-	1:11:47	-	10	26:41	10	26:41	-	11:13:20	-	4	46:15	4	46:15	
Kvernevik 2	-	13:47	-	8	1:59	8	1:59	-	11:27:07	-	4	47:45	4	47:45	
Finish	-	47:25	-	6	2:51	6	2:51	226.00	12:14:32	-	4	49:38	4	49:38	