



Detailed evaluation

Arild Askestad

Number: 10

Course: 226.00 km
Ultra Triathlon

Category:
Male

Total time: 12:25:50

Speed: 18.18 km/h
Running performance: 3:19 min/km

Rank in course/Total: 5 (of 99)

Rank in course/Men: 5 (of 91)

Best time in course: 11:24:54

Rank in category: 5(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	-	1:43:05	-	24	26:36	24	26:36	-	1:43:05	-	24	26:36	24	26:36
Start Bike	-	4:31	-	2	1:06	2	1:06	-	1:47:36	-	16	22:36	16	22:36
Peak 932	-	1:11:01	-	6	15:19	6	15:19	-	2:58:37	-	9	24:36	9	24:36
Exit Fv986	-	28:17	-	3	12:45	3	12:45	-	3:26:54	-	8	23:55	8	23:55
Top Hunnedalen	-	42:54	-	4	4:17	4	4:17	-	4:09:48	-	5	26:41	5	26:41
Byrkjedalstunet	-	50:09	-	6	39:12	6	39:12	-	4:59:57	-	5	27:56	5	27:56
Exit at 113	-	36:44	-	29	4:45	29	4:45	-	5:36:41	-	5	32:41	5	32:41
Exit E39	-	41:11	-	15	22:50	15	22:50	-	6:17:52	-	6	35:47	6	35:47
Exit RV44	-	1:26:36	-	4	6:47	4	6:47	-	7:44:28	-	6	32:14	6	32:14
Off Bike	-	28:31	-	5	2:12	5	2:12	-	8:12:59	-	6	31:51	6	31:51
Start Run	-	3:59	-	10	2:44	10	2:44	-	8:16:58	-	6	34:35	6	34:35
Tjelta	-	1:05:46	-	19	31:18	19	31:18	-	9:22:44	-	5	51:31	5	51:31
Solastrand Hotel	-	49:01	-	6	18:36	6	18:36	-	10:11:45	-	5	45:53	5	45:53
Kvernevik 1	-	1:16:35	-	15	31:29	15	31:29	-	11:28:20	-	5	1:01:15	5	1:01:15
Kvernevik 2	-	11:48	-	1	-	1	-	-	11:40:08	-	5	1:00:46	5	1:00:46
Finish	-	45:42	-	3	1:08	3	1:08	226.00	12:25:50	-	5	1:00:56	5	1:00:56