



## Detailed evaluation

Ketil Jerstad

Number: 72

Course: 226.00 km  
Ultra Triathlon

Category:  
Male

Total time: 14:07:41

Speed: 16.00 km/h

Running performance: 3:46 min/km

Rank in course/Total: 18 (of 99)

Rank in course/Men: 18 (of 91)

Best time in course: 11:24:54

Rank in category: 18(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	-	1:57:59	-	49	41:30	49	41:30	-	1:57:59	-	49	41:30	49	41:30
Start Bike	-	12:10	-	39	8:45	39	8:45	-	2:10:09	-	44	45:09	44	45:09
Peak 932	-	1:24:26	-	46	28:44	46	28:44	-	3:34:35	-	43	1:00:34	43	1:00:34
Exit Fv986	-	33:14	-	21	17:42	21	17:42	-	4:07:49	-	40	1:04:50	40	1:04:50
Top Hunnedalen	-	48:46	-	17	10:09	17	10:09	-	4:56:35	-	31	1:13:28	31	1:13:28
Byrkjedalstunet	-	59:10	-	26	48:13	26	48:13	-	5:55:45	-	32	1:23:44	32	1:23:44
Exit at 113	-	35:26	-	16	3:27	16	3:27	-	6:31:11	-	31	1:27:11	31	1:27:11
Exit E39	-	42:51	-	29	24:30	29	24:30	-	7:14:02	-	30	1:31:57	30	1:31:57
Exit RV44	-	1:40:26	-	27	20:37	27	20:37	-	8:54:28	-	29	1:42:14	29	1:42:14
Off Bike	-	32:12	-	36	5:53	36	5:53	-	9:26:40	-	31	1:45:32	31	1:45:32
Start Run	-	9:42	-	54	8:27	54	8:27	-	9:36:22	-	31	1:53:59	31	1:53:59
Tjelta	-	1:00:22	-	10	25:54	10	25:54	-	10:36:44	-	25	2:05:31	25	2:05:31
Solastrand Hotel	-	43:28	-	3	13:03	3	13:03	-	11:20:12	-	14	1:54:20	14	1:54:20
Kvernevik 1	-	1:40:46	-	59	55:40	59	55:40	-	13:00:58	-	17	2:33:53	17	2:33:53
Kvernevik 2	-	14:19	-	12	2:31	12	2:31	-	13:15:17	-	17	2:35:55	17	2:35:55
Finish	-	52:24	-	21	7:50	21	7:50	226.00	14:07:41	-	18	2:42:47	18	2:42:47