



Detailed evaluation

Espen Slemdahl

Number: 121

Course: 226.00 km
Ultra Triathlon

Category:

Male

Total time: 15:04:06

Speed: 15.00 km/h

Running performance: 4:01 min/km

Rank in course/Total: 37 (of 99)

Rank in course/Men: 36 (of 91)

Best time in course: 11:24:54

Rank in category: 36(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	-	2:12:10	-	69	55:41	69	55:41	-	2:12:10	-	69	55:41	69	55:41
Start Bike	-	8:54	-	14	5:29	14	5:29	-	2:21:04	-	59	56:04	59	56:04
Peak 932	-	1:19:54	-	25	24:12	25	24:12	-	3:40:58	-	50	1:06:57	50	1:06:57
Exit Fv986	-	33:46	-	30	18:14	30	18:14	-	4:14:44	-	49	1:11:45	49	1:11:45
Top Hunnedalen	-	49:33	-	25	10:56	25	10:56	-	5:04:17	-	39	1:21:10	39	1:21:10
Byrkjedalstunet	-	56:05	-	14	45:08	14	45:08	-	6:00:22	-	36	1:28:21	36	1:28:21
Exit at 113	-	36:29	-	26	4:30	26	4:30	-	6:36:51	-	35	1:32:51	35	1:32:51
Exit E39	-	45:17	-	47	26:56	47	26:56	-	7:22:08	-	39	1:40:03	39	1:40:03
Exit RV44	-	1:34:56	-	14	15:07	14	15:07	-	8:57:04	-	33	1:44:50	33	1:44:50
Off Bike	-	31:32	-	26	5:13	26	5:13	-	9:28:36	-	32	1:47:28	32	1:47:28
Start Run	-	10:18	-	59	9:03	59	9:03	-	9:38:54	-	32	1:56:31	32	1:56:31
Tjelta	-	1:22:44	-	51	48:16	51	48:16	-	11:01:38	-	34	2:30:25	34	2:30:25
Solastrand Hotel	-	1:03:05	-	25	32:40	25	32:40	-	12:04:43	-	34	2:38:51	34	2:38:51
Kvernevik 1	-	1:37:53	-	56	52:47	56	52:47	-	13:42:36	-	34	3:15:31	34	3:15:31
Kvernevik 2	-	16:44	-	38	4:56	38	4:56	-	13:59:20	-	36	3:19:58	36	3:19:58
Finish	-	1:04:46	-	55	20:12	55	20:12	226.00	15:04:06	-	36	3:39:12	36	3:39:12