



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 |