



Detailed evaluation

Daniele Castrorao

Number: 30

Course: 226.00 km
Ultra Triathlon

Category:

Male

Total time: 15:48:43

Speed: 14.29 km/h

Running performance: 4:12 min/km

Rank in course/Total: 53 (of 99)

Rank in course/Men: 51 (of 91)

Best time in course: 11:24:54

Rank in category: 51(of 91)

Best time in the category: 11:24:54

Intermediate times				Stage score				Total ranking						
Control	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	-	1:20:58	-	4	4:29	4	4:29	-	1:20:58	-	4	4:29	4	4:29
Start Bike	-	9:20	-	16	5:55	16	5:55	-	1:30:18	-	4	5:18	4	5:18
Peak 932	-	1:24:49	-	48	29:07	48	29:07	-	2:55:07	-	8	21:06	8	21:06
Exit Fv986	-	38:01	-	67	22:29	67	22:29	-	3:33:08	-	10	30:09	10	30:09
Top Hunnedalen	-	52:22	-	37	13:45	37	13:45	-	4:25:30	-	12	42:23	12	42:23
Byrkjedalstunet	-	1:01:15	-	37	50:18	37	50:18	-	5:26:45	-	14	54:44	14	54:44
Exit at 113	-	45:20	-	75	13:21	75	13:21	-	6:12:05	-	16	1:08:05	16	1:08:05
Exit E39	-	49:08	-	67	30:47	67	30:47	-	7:01:13	-	20	1:19:08	20	1:19:08
Exit RV44	-	1:53:11	-	58	33:22	58	33:22	-	8:54:24	-	28	1:42:10	28	1:42:10
Off Bike	-	36:32	-	73	10:13	73	10:13	-	9:30:56	-	33	1:49:48	33	1:49:48
Start Run	-	8:14	-	45	6:59	45	6:59	-	9:39:10	-	33	1:56:47	33	1:56:47
Tjelta	-	1:30:25	-	71	55:57	71	55:57	-	11:09:35	-	37	2:38:22	37	2:38:22
Solastrand Hotel	-	1:17:32	-	64	47:07	64	47:07	-	12:27:07	-	39	3:01:15	39	3:01:15
Kvernevik 1	-	1:42:34	-	62	57:28	62	57:28	-	14:09:41	-	48	3:42:36	48	3:42:36
Kvernevik 2	-	20:23	-	64	8:35	64	8:35	-	14:30:04	-	50	3:50:42	50	3:50:42
Finish	-	1:18:39	-	77	34:05	77	34:05	226.00	15:48:43	-	51	4:23:49	51	4:23:49