



evaluación detallada

Geir Ellingsen

Dorsal: 44

recorrido: 226.00 km

Ultra Triathlon

categoría:

Male

tiempo total: 14:36:12

velocidad: 15.48 km/h

rendimiento en carrera: 3:53 min/km

posición en el recorrido/Total: 24 (de 99)

posición en el recorrido/Men: 24 (de 91)

mejor tiempo del recorrido: 11:24:54

posición en la categoría: 24(de 91)

mejor tiempo en la categoría: 11:24:54

tiempos parciales

stage score

Total score

| control | etapa km | etapa tiempo | etapa posición min/km | stage score | | | Total score | | | | | | | |
|------------------|-------------|-----------------|-----------------------------|-----------------------|----------------|----------------|-------------|-----------------|-----------------------------|-----------------------|----------------|----------------|----|---------|
| | | | | posición categoría | retraso Men | retraso Men | Total km | Total tiempo | Total posición min/km | posición categoría | retraso Men | retraso Men | | |
| Exit Water | - | 1:36:26 | - | 15 | 19:57 | 15 | 19:57 | - | 1:36:26 | - | 15 | 19:57 | 15 | 19:57 |
| Start Bike | - | 17:56 | - | 67 | 14:31 | 67 | 14:31 | - | 1:54:22 | - | 23 | 29:22 | 23 | 29:22 |
| Peak 932 | - | 1:19:55 | - | 26 | 24:13 | 26 | 24:13 | - | 3:14:17 | - | 20 | 40:16 | 20 | 40:16 |
| Exit Fv986 | - | 31:46 | - | 13 | 16:14 | 13 | 16:14 | - | 3:46:03 | - | 20 | 43:04 | 20 | 43:04 |
| Top Hunnedalen | - | 52:59 | - | 41 | 14:22 | 41 | 14:22 | - | 4:39:02 | - | 21 | 55:55 | 21 | 55:55 |
| Byrkjedalstunet | - | 1:03:34 | - | 51 | 52:37 | 51 | 52:37 | - | 5:42:36 | - | 23 | 1:10:35 | 23 | 1:10:35 |
| Exit at 113 | - | 36:53 | - | 32 | 4:54 | 32 | 4:54 | - | 6:19:29 | - | 21 | 1:15:29 | 21 | 1:15:29 |
| Exit E39 | - | 42:25 | - | 25 | 24:04 | 25 | 24:04 | - | 7:01:54 | - | 21 | 1:19:49 | 21 | 1:19:49 |
| Exit RV44 | - | 1:41:18 | - | 30 | 21:29 | 30 | 21:29 | - | 8:43:12 | - | 21 | 1:30:58 | 21 | 1:30:58 |
| Off Bike | - | 30:31 | - | 19 | 4:12 | 19 | 4:12 | - | 9:13:43 | - | 21 | 1:32:35 | 21 | 1:32:35 |
| Start Run | - | 10:01 | - | 56 | 8:46 | 56 | 8:46 | - | 9:23:44 | - | 23 | 1:41:21 | 23 | 1:41:21 |
| Tjelta | - | 1:12:00 | - | 32 | 37:32 | 32 | 37:32 | - | 10:35:44 | - | 24 | 2:04:31 | 24 | 2:04:31 |
| Solastrand Hotel | - | 1:09:55 | - | 46 | 39:30 | 46 | 39:30 | - | 11:45:39 | - | 24 | 2:19:47 | 24 | 2:19:47 |
| Kvernevik 1 | - | 1:32:41 | - | 50 | 47:35 | 50 | 47:35 | - | 13:18:20 | - | 25 | 2:51:15 | 25 | 2:51:15 |
| Kvernevik 2 | - | 17:39 | - | 46 | 5:51 | 46 | 5:51 | - | 13:35:59 | - | 24 | 2:56:37 | 24 | 2:56:37 |
| Finish | - | 1:00:13 | - | 38 | 15:39 | 38 | 15:39 | 226.00 | 14:36:12 | - | 24 | 3:11:18 | 24 | 3:11:18 |