



## Detailed evaluation

Orla Nielsen

Number: 110

Course: 226.00 km  
Ultra Triathlon

Category:  
Male

Total time: 12:13:33

Speed: 18.49 km/h  
Running performance: 3:15 min/km

Rank in course/Total: 3 (of 99)

Rank in course/Men: 3 (of 91)

Best time in course: 11:24:54

Rank in category: 3(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	-	1:23:28	-	7	6:59	7	6:59	-	1:23:28	-	7	6:59	7	6:59
Start Bike	-	8:33	-	11	5:08	11	5:08	-	1:32:01	-	6	7:01	6	7:01
Peak 932	-	1:10:51	-	5	15:09	5	15:09	-	2:42:52	-	3	8:51	3	8:51
Exit Fv986	-	31:34	-	12	16:02	12	16:02	-	3:14:26	-	4	11:27	4	11:27
Top Hunnedalen	-	38:37	-	1	-	1	-	-	3:53:03	-	4	9:56	4	9:56
Byrkjedalstunet	-	50:53	-	9	39:56	9	39:56	-	4:43:56	-	3	11:55	3	11:55
Exit at 113	-	44:30	-	72	12:31	72	12:31	-	5:28:26	-	4	24:26	4	24:26
Exit E39	-	26:57	-	3	8:36	3	8:36	-	5:55:23	-	4	13:18	4	13:18
Exit RV44	-	1:34:51	-	13	15:02	13	15:02	-	7:30:14	-	4	18:00	4	18:00
Off Bike	-	27:55	-	3	1:36	3	1:36	-	7:58:09	-	4	17:01	4	17:01
Start Run	-	5:01	-	18	3:46	18	3:46	-	8:03:10	-	4	20:47	4	20:47
Tjelta	-	46:12	-	2	11:44	2	11:44	-	8:49:22	-	3	18:09	3	18:09
Solastrand Hotel	-	1:04:03	-	30	33:38	30	33:38	-	9:53:25	-	3	27:33	3	27:33
Kvernevik 1	-	1:11:41	-	9	26:35	9	26:35	-	11:05:06	-	3	38:01	3	38:01
Kvernevik 2	-	15:54	-	26	4:06	26	4:06	-	11:21:00	-	3	41:38	3	41:38
Finish	-	52:33	-	23	7:59	23	7:59	226.00	12:13:33	-	3	48:39	3	48:39