



Detailed evaluation

Arild Askestad

Number: 10

Course: 226.00 km
Ultra Triathlon

Category:
Male

Total time: 12:25:50

Speed: 18.18 km/h

Running performance: 3:19 min/km

Rank in course/Total: 5 (of 99)

Rank in course/Men: 5 (of 91)

Best time in course: 11:24:54

Rank in category: 5(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 | - | 1:43:05 | - | 24 | 26:36 | 24 | 26:36 | - | 1:43:05 | - | 24 | 26:36 | 24 | 26:36 |
| Start Bike | - | 4:31 | - | 2 | 1:06 | 2 | 1:06 | - | 1:47:36 | - | 16 | 22:36 | 16 | 22:36 |
| Peak 932 | - | 1:11:01 | - | 6 | 15:19 | 6 | 15:19 | - | 2:58:37 | - | 9 | 24:36 | 9 | 24:36 |
| Exit Fv986 | - | 28:17 | - | 3 | 12:45 | 3 | 12:45 | - | 3:26:54 | - | 8 | 23:55 | 8 | 23:55 |
| Top Hunnedalen | - | 42:54 | - | 4 | 4:17 | 4 | 4:17 | - | 4:09:48 | - | 5 | 26:41 | 5 | 26:41 |
| Byrkjedalstunet | - | 50:09 | - | 6 | 39:12 | 6 | 39:12 | - | 4:59:57 | - | 5 | 27:56 | 5 | 27:56 |
| Exit at 113 | - | 36:44 | - | 29 | 4:45 | 29 | 4:45 | - | 5:36:41 | - | 5 | 32:41 | 5 | 32:41 |
| Exit E39 | - | 41:11 | - | 15 | 22:50 | 15 | 22:50 | - | 6:17:52 | - | 6 | 35:47 | 6 | 35:47 |
| Exit RV44 | - | 1:26:36 | - | 4 | 6:47 | 4 | 6:47 | - | 7:44:28 | - | 6 | 32:14 | 6 | 32:14 |
| Off Bike | - | 28:31 | - | 5 | 2:12 | 5 | 2:12 | - | 8:12:59 | - | 6 | 31:51 | 6 | 31:51 |
| Start Run | - | 3:59 | - | 10 | 2:44 | 10 | 2:44 | - | 8:16:58 | - | 6 | 34:35 | 6 | 34:35 |
| Tjelta | - | 1:05:46 | - | 19 | 31:18 | 19 | 31:18 | - | 9:22:44 | - | 5 | 51:31 | 5 | 51:31 |
| Solastrand Hotel | - | 49:01 | - | 6 | 18:36 | 6 | 18:36 | - | 10:11:45 | - | 5 | 45:53 | 5 | 45:53 |
| Kvernevik 1 | - | 1:16:35 | - | 15 | 31:29 | 15 | 31:29 | - | 11:28:20 | - | 5 | 1:01:15 | 5 | 1:01:15 |
| Kvernevik 2 | - | 11:48 | - | 1 | - | 1 | - | - | 11:40:08 | - | 5 | 1:00:46 | 5 | 1:00:46 |
| Finish | - | 45:42 | - | 3 | 1:08 | 3 | 1:08 | 226.00 | 12:25:50 | - | 5 | 1:00:56 | 5 | 1:00:56 |