



Detailed evaluation

Fredrik Meyer-Lampe

Number: 98

Course: 226.00 km
Ultra Triathlon

Category:
Male

Total time: 14:04:22

Speed: 16.06 km/h
Running performance: 3:45 min/km

Rank in course/Total: 16 (of 99)

Rank in course/Men: 16 (of 91)

Best time in course: 11:24:54

Rank in category: 16(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	-	2:11:02	-	64	54:33	64	54:33	-	2:11:02	-	64	54:33	64	54:33
Start Bike	-	14:40	-	55	11:15	55	11:15	-	2:25:42	-	66	1:00:42	66	1:00:42
Peak 932	-	1:15:24	-	17	19:42	17	19:42	-	3:41:06	-	51	1:07:05	51	1:07:05
Exit Fv986	-	33:14	-	21	17:42	21	17:42	-	4:14:20	-	48	1:11:21	48	1:11:21
Top Hunnedalen	-	48:05	-	14	9:28	14	9:28	-	5:02:25	-	36	1:19:18	36	1:19:18
Byrkjedalstunet	-	1:17:21	-	81	1:06:24	81	1:06:24	-	6:19:46	-	51	1:47:45	51	1:47:45
Exit at 113	-	34:49	-	9	2:50	9	2:50	-	6:54:35	-	46	1:50:35	46	1:50:35
Exit E39	-	41:02	-	14	22:41	14	22:41	-	7:35:37	-	44	1:53:32	44	1:53:32
Exit RV44	-	1:35:33	-	17	15:44	17	15:44	-	9:11:10	-	38	1:58:56	38	1:58:56
Off Bike	-	32:04	-	32	5:45	32	5:45	-	9:43:14	-	37	2:02:06	37	2:02:06
Start Run	-	6:40	-	27	5:25	27	5:25	-	9:49:54	-	37	2:07:31	37	2:07:31
Tjelta	-	1:04:01	-	11	29:33	11	29:33	-	10:53:55	-	31	2:22:42	31	2:22:42
Solastrand Hotel	-	55:13	-	11	24:48	11	24:48	-	11:49:08	-	27	2:23:16	27	2:23:16
Kvernevik 1	-	1:16:51	-	16	31:45	16	31:45	-	13:05:59	-	19	2:38:54	19	2:38:54
Kvernevik 2	-	13:49	-	9	2:01	9	2:01	-	13:19:48	-	19	2:40:26	19	2:40:26
Finish	-	44:34	-	1	-	1	-	226.00	14:04:22	-	16	2:39:28	16	2:39:28