



Detailed evaluation

Espen Grunnaleite

Number: 54

Course: 226.00 km
Ultra Triathlon

Category:

Male

Total time: 14:08:05

Speed: 15.99 km/h

Running performance: 3:46 min/km

Rank in course/Total: 19 (of 99)

Rank in course/Men: 19 (of 91)

Best time in course: 11:24:54

Rank in category: 19(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	-	1:45:07	-	28	28:38	28	28:38	-	1:45:07	-	28	28:38	28	28:38
Start Bike	-	17:27	-	65	14:02	65	14:02	-	2:02:34	-	29	37:34	29	37:34
Peak 932	-	1:23:45	-	39	28:03	39	28:03	-	3:26:19	-	30	52:18	30	52:18
Exit Fv986	-	34:05	-	37	18:33	37	18:33	-	4:00:24	-	30	57:25	30	57:25
Top Hunnedalen	-	49:05	-	21	10:28	21	10:28	-	4:49:29	-	25	1:06:22	25	1:06:22
Byrkjedalstunet	-	50:30	-	7	39:33	7	39:33	-	5:39:59	-	20	1:07:58	20	1:07:58
Exit at 113	-	35:50	-	23	3:51	23	3:51	-	6:15:49	-	18	1:11:49	18	1:11:49
Exit E39	-	41:53	-	21	23:32	21	23:32	-	6:57:42	-	17	1:15:37	17	1:15:37
Exit RV44	-	1:35:59	-	18	16:10	18	16:10	-	8:33:41	-	17	1:21:27	17	1:21:27
Off Bike	-	30:37	-	20	4:18	20	4:18	-	9:04:18	-	17	1:23:10	17	1:23:10
Start Run	-	7:08	-	34	5:53	34	5:53	-	9:11:26	-	16	1:29:03	16	1:29:03
Tjelta	-	1:06:29	-	22	32:01	22	32:01	-	10:17:55	-	12	1:46:42	12	1:46:42
Solastrand Hotel	-	1:07:30	-	40	37:05	40	37:05	-	11:25:25	-	16	1:59:33	16	1:59:33
Kvernevik 1	-	1:29:39	-	41	44:33	41	44:33	-	12:55:04	-	15	2:27:59	15	2:27:59
Kvernevik 2	-	16:15	-	33	4:27	33	4:27	-	13:11:19	-	16	2:31:57	16	2:31:57
Finish	-	56:46	-	30	12:12	30	12:12	226.00	14:08:05	-	19	2:43:11	19	2:43:11