



Detailed evaluation

Flemming Christiansen

Number: 31

Course: 226.00 km
Ultra Triathlon

Category:
Male

Total time: 14:13:56

Speed: 15.88 km/h

Running performance: 3:47 min/km

Rank in course/Total: 20 (of 99)

Rank in course/Men: 20 (of 91)

Best time in course: 11:24:54

Rank in category: 20(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	-	1:51:48	-	39	35:19	39	35:19	-	1:51:48	-	39	35:19	39	35:19
Start Bike	-	10:53	-	28	7:28	28	7:28	-	2:02:41	-	30	37:41	30	37:41
Peak 932	-	1:23:28	-	37	27:46	37	27:46	-	3:26:09	-	29	52:08	29	52:08
Exit Fv986	-	33:56	-	32	18:24	32	18:24	-	4:00:05	-	28	57:06	28	57:06
Top Hunnedalen	-	56:23	-	55	17:46	55	17:46	-	4:56:28	-	30	1:13:21	30	1:13:21
Byrkjedalstunet	-	1:05:38	-	59	54:41	59	54:41	-	6:02:06	-	38	1:30:05	38	1:30:05
Exit at 113	-	35:49	-	21	3:50	21	3:50	-	6:37:55	-	36	1:33:55	36	1:33:55
Exit E39	-	43:10	-	30	24:49	30	24:49	-	7:21:05	-	38	1:39:00	38	1:39:00
Exit RV44	-	1:45:33	-	38	25:44	38	25:44	-	9:06:38	-	36	1:54:24	36	1:54:24
Off Bike	-	32:21	-	38	6:02	38	6:02	-	9:38:59	-	36	1:57:51	36	1:57:51
Start Run	-	6:12	-	23	4:57	23	4:57	-	9:45:11	-	36	2:02:48	36	2:02:48
Tjelta	-	1:12:56	-	37	38:28	37	38:28	-	10:58:07	-	32	2:26:54	32	2:26:54
Solastrand Hotel	-	57:31	-	15	27:06	15	27:06	-	11:55:38	-	32	2:29:46	32	2:29:46
Kvernevik 1	-	1:17:31	-	17	32:25	17	32:25	-	13:13:09	-	22	2:46:04	22	2:46:04
Kvernevik 2	-	13:25	-	6	1:37	6	1:37	-	13:26:34	-	20	2:47:12	20	2:47:12
Finish	-	47:22	-	5	2:48	5	2:48	226.00	14:13:56	-	20	2:49:02	20	2:49:02