



Detailed evaluation

Nina Kring

Number: 83

Course: 226.00 km
Ultra Triathlon

Category:
Female

Total time: 16:37:17

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 67 (of 99)

Rank in course/Women: 4 (of 8)

Best time in course: 14:45:30

Rank in category: 4(of 8)

Best time in the category: 14:45:30

Control	Intermediate times							Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Exit Water	-	1:51:32	-	4	35:03	4	35:03	-	1:51:32	-	4	35:03	4	35:03	
Start Bike	-	13:06	-	4	11:31	4	11:31	-	2:04:38	-	1	-	1	-	
Peak 932	-	1:40:51	-	5	15:47	5	15:47	-	3:45:29	-	3	8:57	3	8:57	
Exit Fv986	-	38:42	-	4	3:34	4	3:34	-	4:24:11	-	3	12:31	3	12:31	
Top Hunnedalen	-	57:59	-	3	5:55	3	5:55	-	5:22:10	-	3	11:55	3	11:55	
Byrkjedalstunet	-	1:06:31	-	4	38:47	4	38:47	-	6:28:41	-	4	41:16	4	41:16	
Exit at 113	-	42:56	-	4	3:33	4	3:33	-	7:11:37	-	4	18:46	4	18:46	
Exit E39	-	49:33	-	3	6:22	3	6:22	-	8:01:10	-	3	25:08	3	25:08	
Exit RV44	-	2:00:36	-	4	17:07	4	17:07	-	10:01:46	-	3	40:50	3	40:50	
Off Bike	-	39:36	-	5	7:10	5	7:10	-	10:41:22	-	3	47:08	3	47:08	
Start Run	-	8:39	-	3	5:40	3	5:40	-	10:50:01	-	4	41:40	4	41:40	
Tjelta	-	1:25:05	-	3	18:04	3	18:04	-	12:15:06	-	4	59:44	4	59:44	
Solastrand Hotel	-	1:07:30	-	3	13:18	3	13:18	-	13:22:36	-	4	1:01:48	4	1:01:48	
Kvernevik 1	-	1:36:45	-	4	22:13	4	22:13	-	14:59:21	-	4	1:20:17	4	1:20:17	
Kvernevik 2	-	19:17	-	4	4:56	4	4:56	-	15:18:38	-	4	1:25:13	4	1:25:13	
Finish	-	1:18:39	-	4	26:34	4	26:34	226.00	16:37:17	-	4	1:51:47	4	1:51:47	