



## Detailed evaluation

Espen Slemdahl

Number: 121

Course: 226.00 km  
Ultra Triathlon

Category:

Male

Total time: 15:04:06

Speed: 15.00 km/h

Running performance: 4:01 min/km

Rank in course/Total: 37 (of 99)

Rank in course/Men: 36 (of 91)

Best time in course: 11:24:54

Rank in category: 36(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       | -                  | 2:12:10    | -            | 69       | 55:41       | 69      | 55:41      | -        | 2:12:10       | -            | 69       | 55:41       | 69      | 55:41      |
| Start Bike       | -                  | 8:54       | -            | 14       | 5:29        | 14      | 5:29       | -        | 2:21:04       | -            | 59       | 56:04       | 59      | 56:04      |
| Peak 932         | -                  | 1:19:54    | -            | 25       | 24:12       | 25      | 24:12      | -        | 3:40:58       | -            | 50       | 1:06:57     | 50      | 1:06:57    |
| Exit Fv986       | -                  | 33:46      | -            | 30       | 18:14       | 30      | 18:14      | -        | 4:14:44       | -            | 49       | 1:11:45     | 49      | 1:11:45    |
| Top Hunnedalen   | -                  | 49:33      | -            | 25       | 10:56       | 25      | 10:56      | -        | 5:04:17       | -            | 39       | 1:21:10     | 39      | 1:21:10    |
| Byrkjedalstunet  | -                  | 56:05      | -            | 14       | 45:08       | 14      | 45:08      | -        | 6:00:22       | -            | 36       | 1:28:21     | 36      | 1:28:21    |
| Exit at 113      | -                  | 36:29      | -            | 26       | 4:30        | 26      | 4:30       | -        | 6:36:51       | -            | 35       | 1:32:51     | 35      | 1:32:51    |
| Exit E39         | -                  | 45:17      | -            | 47       | 26:56       | 47      | 26:56      | -        | 7:22:08       | -            | 39       | 1:40:03     | 39      | 1:40:03    |
| Exit RV44        | -                  | 1:34:56    | -            | 14       | 15:07       | 14      | 15:07      | -        | 8:57:04       | -            | 33       | 1:44:50     | 33      | 1:44:50    |
| Off Bike         | -                  | 31:32      | -            | 26       | 5:13        | 26      | 5:13       | -        | 9:28:36       | -            | 32       | 1:47:28     | 32      | 1:47:28    |
| Start Run        | -                  | 10:18      | -            | 59       | 9:03        | 59      | 9:03       | -        | 9:38:54       | -            | 32       | 1:56:31     | 32      | 1:56:31    |
| Tjelta           | -                  | 1:22:44    | -            | 51       | 48:16       | 51      | 48:16      | -        | 11:01:38      | -            | 34       | 2:30:25     | 34      | 2:30:25    |
| Solastrand Hotel | -                  | 1:03:05    | -            | 25       | 32:40       | 25      | 32:40      | -        | 12:04:43      | -            | 34       | 2:38:51     | 34      | 2:38:51    |
| Kvernevik 1      | -                  | 1:37:53    | -            | 56       | 52:47       | 56      | 52:47      | -        | 13:42:36      | -            | 34       | 3:15:31     | 34      | 3:15:31    |
| Kvernevik 2      | -                  | 16:44      | -            | 38       | 4:56        | 38      | 4:56       | -        | 13:59:20      | -            | 36       | 3:19:58     | 36      | 3:19:58    |
| Finish           | -                  | 1:04:46    | -            | 55       | 20:12       | 55      | 20:12      | 226.00   | 15:04:06      | -            | 36       | 3:39:12     | 36      | 3:39:12    |