



Detailed evaluation

Helge Framnes

Number: 49

Course: 226.00 km
Ultra Triathlon

Category:

Male

Total time: 15:10:00

Speed: 14.90 km/h

Running performance: 4:02 min/km

Rank in course/Total: 40 (of 99)

Rank in course/Men: 39 (of 91)

Best time in course: 11:24:54

Rank in category: 39(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	-	2:22:36	-	80	1:06:07	80	1:06:07	-	2:22:36	-	80	1:06:07	80	1:06:07
Start Bike	-	11:40	-	35	8:15	35	8:15	-	2:34:16	-	72	1:09:16	72	1:09:16
Peak 932	-	1:20:15	-	28	24:33	28	24:33	-	3:54:31	-	64	1:20:30	64	1:20:30
Exit Fv986	-	35:16	-	48	19:44	48	19:44	-	4:29:47	-	64	1:26:48	64	1:26:48
Top Hunnedalen	-	55:43	-	54	17:06	54	17:06	-	5:25:30	-	60	1:42:23	60	1:42:23
Byrkjedalstunet	-	1:03:48	-	52	52:51	52	52:51	-	6:29:18	-	57	1:57:17	57	1:57:17
Exit at 113	-	37:50	-	36	5:51	36	5:51	-	7:07:08	-	56	2:03:08	56	2:03:08
Exit E39	-	51:50	-	78	33:29	78	33:29	-	7:58:58	-	56	2:16:53	56	2:16:53
Exit RV44	-	2:22:50	-	84	1:03:01	84	1:03:01	-	10:21:48	-	66	3:09:34	66	3:09:34
Off Bike	-	32:15	-	37	5:56	37	5:56	-	10:54:03	-	66	3:12:55	66	3:12:55
Start Run	-	10:12	-	57	8:57	57	8:57	-	11:04:15	-	67	3:21:52	67	3:21:52
Tjelta	-	34:28	-	1	-	1	-	-	11:38:43	-	49	3:07:30	49	3:07:30
Solastrand Hotel	-	1:06:54	-	39	36:29	39	36:29	-	12:45:37	-	46	3:19:45	46	3:19:45
Kvernevik 1	-	1:14:32	-	13	29:26	13	29:26	-	14:00:09	-	41	3:33:04	41	3:33:04
Kvernevik 2	-	17:39	-	46	5:51	46	5:51	-	14:17:48	-	41	3:38:26	41	3:38:26
Finish	-	52:12	-	19	7:38	19	7:38	226.00	15:10:00	-	39	3:45:06	39	3:45:06