



## Detailed evaluation

Karsten Kopland

Number: 82

Course: 226.00 km  
Ultra Triathlon

Category:  
Male

Total time: 15:22:41

Speed: 14.70 km/h

Running performance: 4:05 min/km

Rank in course/Total: 45 (of 99)

Rank in course/Men: 44 (of 91)

Best time in course: 11:24:54

Rank in category: 44(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	-	2:25:58	-	87	1:09:29	87	1:09:29	-	2:25:58	-	87	1:09:29	87	1:09:29
Start Bike	-	20:16	-	75	16:51	75	16:51	-	2:46:14	-	82	1:21:14	82	1:21:14
Peak 932	-	1:24:59	-	49	29:17	49	29:17	-	4:11:13	-	76	1:37:12	76	1:37:12
Exit Fv986	-	37:37	-	63	22:05	63	22:05	-	4:48:50	-	75	1:45:51	75	1:45:51
Top Hunnedalen	-	51:29	-	33	12:52	33	12:52	-	5:40:19	-	68	1:57:12	68	1:57:12
Byrkjedalstunet	-	1:03:33	-	50	52:36	50	52:36	-	6:43:52	-	68	2:11:51	68	2:11:51
Exit at 113	-	38:40	-	43	6:41	43	6:41	-	7:22:32	-	65	2:18:32	65	2:18:32
Exit E39	-	44:04	-	34	25:43	34	25:43	-	8:06:36	-	63	2:24:31	63	2:24:31
Exit RV44	-	1:51:25	-	51	31:36	51	31:36	-	9:58:01	-	61	2:45:47	61	2:45:47
Off Bike	-	30:47	-	22	4:28	22	4:28	-	10:28:48	-	59	2:47:40	59	2:47:40
Start Run	-	8:05	-	42	6:50	42	6:50	-	10:36:53	-	58	2:54:30	58	2:54:30
Tjelta	-	1:14:19	-	40	39:51	40	39:51	-	11:51:12	-	57	3:19:59	57	3:19:59
Solastrand Hotel	-	55:02	-	10	24:37	10	24:37	-	12:46:14	-	47	3:20:22	47	3:20:22
Kvernevik 1	-	1:18:57	-	21	33:51	21	33:51	-	14:05:11	-	43	3:38:06	43	3:38:06
Kvernevik 2	-	16:11	-	32	4:23	32	4:23	-	14:21:22	-	42	3:42:00	42	3:42:00
Finish	-	1:01:19	-	41	16:45	41	16:45	226.00	15:22:41	-	44	3:57:47	44	3:57:47