



Detailed evaluation

Erik Jørstad

Total time: 15:23:07

Number: 75

Speed: 14.69 km/h

Running performance: 4:06 min/km

Course: 226.00 km

Rank in course/Total: 46 (of 99)

Ultra Triathlon

Rank in course/Men: 45 (of 91)

Best time in course: 11:24:54

Category:

Rank in category: 45(of 91)

Male

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	-	2:20:39	-	78	1:04:10	78	1:04:10	-	2:20:39	-	78	1:04:10	78	1:04:10
Start Bike	-	21:28	-	77	18:03	77	18:03	-	2:42:07	-	81	1:17:07	81	1:17:07
Peak 932	-	1:28:26	-	53	32:44	53	32:44	-	4:10:33	-	75	1:36:32	75	1:36:32
Exit Fv986	-	33:53	-	31	18:21	31	18:21	-	4:44:26	-	73	1:41:27	73	1:41:27
Top Hunnedalen	-	59:40	-	62	21:03	62	21:03	-	5:44:06	-	70	2:00:59	70	2:00:59
Byrkjedalstunet	-	56:11	-	15	45:14	15	45:14	-	6:40:17	-	64	2:08:16	64	2:08:16
Exit at 113	-	40:13	-	58	8:14	58	8:14	-	7:20:30	-	63	2:16:30	63	2:16:30
Exit E39	-	45:10	-	46	26:49	46	26:49	-	8:05:40	-	62	2:23:35	62	2:23:35
Exit RV44	-	1:55:11	-	61	35:22	61	35:22	-	10:00:51	-	62	2:48:37	62	2:48:37
Off Bike	-	32:46	-	42	6:27	42	6:27	-	10:33:37	-	62	2:52:29	62	2:52:29
Start Run	-	15:03	-	74	13:48	74	13:48	-	10:48:40	-	63	3:06:17	63	3:06:17
Tjelta	-	1:16:59	-	43	42:31	43	42:31	-	12:05:39	-	61	3:34:26	61	3:34:26
Solastrand Hotel	-	57:58	-	16	27:33	16	27:33	-	13:03:37	-	57	3:37:45	57	3:37:45
Kvernevik 1	-	1:10:05	-	6	24:59	6	24:59	-	14:13:42	-	51	3:46:37	51	3:46:37
Kvernevik 2	-	15:29	-	18	3:41	18	3:41	-	14:29:11	-	49	3:49:49	49	3:49:49
Finish	-	53:56	-	24	9:22	24	9:22	226.00	15:23:07	-	45	3:58:13	45	3:58:13