



Detailed evaluation

Knut Grimstad

Number: 53

Course: 226.00 km
Ultra Triathlon

Category:

Male

Total time: 16:12:52

Speed: 13.94 km/h

Running performance: 4:19 min/km

Rank in course/Total: 61 (of 99)

Rank in course/Men: 58 (of 91)

Best time in course: 11:24:54

Rank in category: 58(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	-	1:37:30	-	17	21:01	17	21:01	-	1:37:30	-	17	21:01	17	21:01
Start Bike	-	6:56	-	7	3:31	7	3:31	-	1:44:26	-	12	19:26	12	19:26
Peak 932	-	1:23:59	-	44	28:17	44	28:17	-	3:08:25	-	16	34:24	16	34:24
Exit Fv986	-	33:25	-	26	17:53	26	17:53	-	3:41:50	-	17	38:51	17	38:51
Top Hunnedalen	-	48:19	-	15	9:42	15	9:42	-	4:30:09	-	14	47:02	14	47:02
Byrkjedalstunet	-	1:21:36	-	84	1:10:39	84	1:10:39	-	5:51:45	-	29	1:19:44	29	1:19:44
Exit at 113	-	36:47	-	30	4:48	30	4:48	-	6:28:32	-	27	1:24:32	27	1:24:32
Exit E39	-	44:12	-	37	25:51	37	25:51	-	7:12:44	-	28	1:30:39	28	1:30:39
Exit RV44	-	1:41:54	-	32	22:05	32	22:05	-	8:54:38	-	31	1:42:24	31	1:42:24
Off Bike	-	30:58	-	23	4:39	23	4:39	-	9:25:36	-	29	1:44:28	29	1:44:28
Start Run	-	7:16	-	35	6:01	35	6:01	-	9:32:52	-	30	1:50:29	30	1:50:29
Tjelta	-	1:28:19	-	68	53:51	68	53:51	-	11:01:11	-	33	2:29:58	33	2:29:58
Solastrand Hotel	-	1:48:12	-	83	1:17:47	83	1:17:47	-	12:49:23	-	53	3:23:31	53	3:23:31
Kvernevik 1	-	1:43:36	-	66	58:30	66	58:30	-	14:32:59	-	54	4:05:54	54	4:05:54
Kvernevik 2	-	19:48	-	61	8:00	61	8:00	-	14:52:47	-	54	4:13:25	54	4:13:25
Finish	-	1:20:05	-	78	35:31	78	35:31	226.00	16:12:52	-	58	4:47:58	58	4:47:58