



Detailed evaluation

Lars Christian Wedøe

Number: 3

Course: 226.00 km
Ultra Triathlon

Category:
Male

Total time: 17:36:28

Speed: 12.84 km/h

Running performance: 4:41 min/km

Rank in course/Total: 77 (of 99)

Rank in course/Men: 72 (of 91)

Best time in course: 11:24:54

Rank in category: 72(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	-	1:34:13	-	12	17:44	12	17:44	-	1:34:13	-	12	17:44	12	17:44
Start Bike	-	10:53	-	28	7:28	28	7:28	-	1:45:06	-	13	20:06	13	20:06
Peak 932	-	1:42:23	-	78	46:41	78	46:41	-	3:27:29	-	31	53:28	31	53:28
Exit Fv986	-	38:51	-	71	23:19	71	23:19	-	4:06:20	-	36	1:03:21	36	1:03:21
Top Hunnedalen	-	58:30	-	60	19:53	60	19:53	-	5:04:50	-	41	1:21:43	41	1:21:43
Byrkjedalstunet	-	1:06:26	-	61	55:29	61	55:29	-	6:11:16	-	43	1:39:15	43	1:39:15
Exit at 113	-	41:24	-	64	9:25	64	9:25	-	6:52:40	-	44	1:48:40	44	1:48:40
Exit E39	-	49:11	-	68	30:50	68	30:50	-	7:41:51	-	50	1:59:46	50	1:59:46
Exit RV44	-	2:02:43	-	73	42:54	73	42:54	-	9:44:34	-	54	2:32:20	54	2:32:20
Off Bike	-	34:18	-	59	7:59	59	7:59	-	10:18:52	-	54	2:37:44	54	2:37:44
Start Run	-	6:10	-	22	4:55	22	4:55	-	10:25:02	-	52	2:42:39	52	2:42:39
Tjelta	-	1:40:50	-	76	1:06:22	76	1:06:22	-	12:05:52	-	62	3:34:39	62	3:34:39
Solastrand Hotel	-	1:55:51	-	84	1:25:26	84	1:25:26	-	14:01:43	-	70	4:35:51	70	4:35:51
Kvernevik 1	-	2:08:13	-	83	1:23:07	83	1:23:07	-	16:09:56	-	71	5:42:51	71	5:42:51
Kvernevik 2	-	21:09	-	68	9:21	68	9:21	-	16:31:05	-	72	5:51:43	72	5:51:43
Finish	-	1:05:23	-	57	20:49	57	20:49	226.00	17:36:28	-	72	6:11:34	72	6:11:34