



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Pål Refvem

Club: GTI Friidrettsklubb
Number: 145

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 37:58

Speed: 7.90 km/h
Running performance: 7:36 min/km

Rank in course/Total: 1 (of 21)

Rank in course/Men: 1 (of 14)

Best time in course: 37:58

Rank in category: 1(of 14)

Best time in the category: 37:58

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
Fodgstadnuten	-	7:56	-	1	-	1	-	-	7:56	-	1	-	1	-
Dalsnuten	-	13:30	-	1	-	1	-	-	21:26	-	1	-	1	-
Øvre Eikenuten	-	10:20	-	1	-	1	-	-	31:46	-	1	-	1	-
Finish	-	6:12	-	1	-	1	-	5.00	37:58	-	1	-	1	-