



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Frode Matre

Number: 150

Course: 5.00 km
3nutsløpet

Category:

Menn

Total time: 41:24

Speed: 7.25 km/h

Running performance: 8:17 min/km

Rank in course/Total: 2 (of 21)

Rank in course/Men: 2 (of 14)

Best time in course: 37:58

Rank in category: 2(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		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Fodgstadnuten	-	8:58	-	3	1:02	3	1:02	-	8:58	-	3	1:02	3	1:02	
Dalsnuten	-	14:27	-	2	0:57	2	0:57	-	23:25	-	2	1:59	2	1:59	
Øvre Eikenuten	-	11:06	-	3	0:46	3	0:46	-	34:31	-	2	2:45	2	2:45	
Finish	-	6:53	-	2	0:41	2	0:41	5.00	41:24	-	2	3:26	2	3:26	