



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Børge Sommerseth

Number: 21

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 42:31

Speed: 7.06 km/h

Running performance: 8:31 min/km

Rank in course/Total: 3 (of 21)

Rank in course/Men: 3 (of 14)

Best time in course: 37:58

Rank in category: 3(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	-	8:38	-	2	0:42	2	0:42	-	8:38	-	2	0:42	2	0:42
Dalsnuten	-	15:11	-	3	1:41	3	1:41	-	23:49	-	3	2:23	3	2:23
Øvre Eikenuten	-	10:56	-	2	0:36	2	0:36	-	34:45	-	3	2:59	3	2:59
Finish	-	7:46	-	4	1:34	4	1:34	5.00	42:31	-	3	4:33	3	4:33