



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kristian Foss

Number: 24

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 44:10

Speed: 6.79 km/h

Running performance: 8:50 min/km

Rank in course/Total: 5 (of 21)

Rank in course/Men: 4 (of 14)

Best time in course: 37:58

Rank in category: 4(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Fodgstadnuten	-	9:29	-	5	1:33	5	1:33	-	9:29	-	5	1:33	5	1:33	
Dalsnuten	-	16:10	-	5	2:40	5	2:40	-	25:39	-	5	4:13	5	4:13	
Øvre Eikenuten	-	11:23	-	4	1:03	4	1:03	-	37:02	-	5	5:16	5	5:16	
Finish	-	7:08	-	3	0:56	3	0:56	5.00	44:10	-	4	6:12	4	6:12	