



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Helge Lambrigtsen

Club: Håbaklinikken
Number: 39

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 45:16

Speed: 6.63 km/h
Running performance: 9:04 min/km

Rank in course/Total: 6 (of 21)

Rank in course/Men: 5 (of 14)

Best time in course: 37:58

Rank in category: 5(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	-	9:18	-	4	1:22	4	1:22	-	9:18	-	4	1:22	4	1:22
Dalsnuten	-	15:50	-	4	2:20	4	2:20	-	25:08	-	4	3:42	4	3:42
Øvre Eikenuten	-	11:49	-	5	1:29	5	1:29	-	36:57	-	4	5:11	4	5:11
Finish	-	8:19	-	6	2:07	6	2:07	5.00	45:16	-	5	7:18	5	7:18