



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Knut Kroknes

Club: Statoil
Number: 188

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 49:18

Speed: 6.09 km/h
Running performance: 9:52 min/km

Rank in course/Total: 7 (of 21)

Rank in course/Men: 6 (of 14)

Best time in course: 37:58

Rank in category: 6(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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Fodgstadnuten	-	9:57	-	6	2:01	6	2:01	-	9:57	-	6	2:01	6	2:01	
Dalsnuten	-	16:23	-	6	2:53	6	2:53	-	26:20	-	6	4:54	6	4:54	
Øvre Eikenuten	-	12:24	-	6	2:04	6	2:04	-	38:44	-	6	6:58	6	6:58	
Finish	-	10:34	-	13	4:22	13	4:22	5.00	49:18	-	6	11:20	6	11:20	