



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

Per Krogedal

Number: 182

Course: 5.00 km  
3nutsløpet

Category:

Menn

Total time: 50:57

Speed: 5.89 km/h

Running performance: 10:12 min/km

Rank in course/Total: 8 (of 21)

Rank in course/Men: 7 (of 14)

Best time in course: 37:58

Rank in category: 7(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		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men				
Fodgstadnuten	-	10:09	-	7	2:13	7	2:13	-	10:09	-	7	2:13	7	2:13			
Dalsnuten	-	17:52	-	9	4:22	9	4:22	-	28:01	-	7	6:35	7	6:35			
Øvre Eikenuten	-	14:11	-	7	3:51	7	3:51	-	42:12	-	7	10:26	7	10:26			
Finish	-	8:45	-	7	2:33	7	2:33	5.00	50:57	-	7	12:59	7	12:59			