



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Helge Welde

Number: 61

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 54:00

Speed: 5.56 km/h

Running performance: 10:48 min/km

Rank in course/Total: 9 (of 21)

Rank in course/Men: 8 (of 14)

Best time in course: 37:58

Rank in category: 8(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	-	11:32	-	9	3:36	9	3:36	-	11:32	-	9	3:36	9	3:36
Dalsnuten	-	18:29	-	10	4:59	10	4:59	-	30:01	-	10	8:35	10	8:35
Øvre Eikenuten	-	15:42	-	8	5:22	8	5:22	-	45:43	-	8	13:57	8	13:57
Finish	-	8:17	-	5	2:05	5	2:05	5.00	54:00	-	8	16:02	8	16:02