



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Fredrik Sommerstad Roland

Club: Bogafjell IL  
Number: 74

Course: 5.00 km  
3nutsløpet

Category:  
Menn

Total time: 54:57

Speed: 5.46 km/h  
Running performance: 11:00 min/km

Rank in course/Total: 10 (of 21)

Rank in course/Men: 9 (of 14)

Best time in course: 37:58

Rank in category: 9(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	-	11:38	-	10	3:42	10	3:42	-	11:38	-	10	3:42	10	3:42	
Dalsnuten	-	17:46	-	8	4:16	8	4:16	-	29:24	-	9	7:58	9	7:58	
Øvre Eikenuten	-	16:43	-	10	6:23	10	6:23	-	46:07	-	10	14:21	10	14:21	
Finish	-	8:50	-	8	2:38	8	2:38	5.00	54:57	-	9	16:59	9	16:59	