



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Jens Kristian Roland

Club: EY BIL
Number: 73

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 54:59

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

Rank in course/Total: 11 (of 21)

Rank in course/Men: 10 (of 14)

Best time in course: 37:58

Rank in category: 10(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	-	11:40	-	11	3:44	11	3:44	-	11:40	-	11	3:44	11	3:44	
Dalsnuten	-	17:40	-	7	4:10	7	4:10	-	29:20	-	8	7:54	8	7:54	
Øvre Eikenuten	-	16:45	-	11	6:25	11	6:25	-	46:05	-	9	14:19	9	14:19	
Finish	-	8:54	-	9	2:42	9	2:42	5.00	54:59	-	10	17:01	10	17:01	