



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kim Svindland

Number: 140

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 56:16

Speed: 5.33 km/h

Running performance: 11:16 min/km

Rank in course/Total: 13 (of 21)

Rank in course/Men: 11 (of 14)

Best time in course: 37:58

Rank in category: 11(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	-	11:19	-	8	3:23	8	3:23	-	11:19	-	8	3:23	8	3:23	
Dalsnuten	-	19:02	-	11	5:32	11	5:32	-	30:21	-	11	8:55	11	8:55	
Øvre Eikenuten	-	16:26	-	9	6:06	9	6:06	-	46:47	-	11	15:01	11	15:01	
Finish	-	9:29	-	10	3:17	10	3:17	5.00	56:16	-	11	18:18	11	18:18	