



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Lars Christian Wedøe

Club: Tempo Triathlon Club
Number: 95

Course: 5.00 km
3nutsløpet

Category:
Menn

Total time: 1:08:52

Speed: 4.36 km/h
Running performance: 13:47 min/km

Rank in course/Total: 17 (of 21)

Rank in course/Men: 13 (of 14)

Best time in course: 37:58

Rank in category: 13(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 | - | 12:33 | - | 13 | 4:37 | 13 | 4:37 | - | 12:33 | - | 13 | 4:37 | 13 | 4:37 |
| Dalsnuten | - | 24:17 | - | 12 | 10:47 | 12 | 10:47 | - | 36:50 | - | 13 | 15:24 | 13 | 15:24 |
| Øvre Eikenuten | - | 21:40 | - | 12 | 11:20 | 12 | 11:20 | - | 58:30 | - | 12 | 26:44 | 12 | 26:44 |
| Finish | - | 10:22 | - | 12 | 4:10 | 12 | 4:10 | 5.00 | 1:08:52 | - | 13 | 30:54 | 13 | 30:54 |