



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		Total		Total		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	