



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Nora Johnsen

Number: 158

Course: 5.00 km
3nutsløpet

Category:
Kvinner

Total time: 55:35

Speed: 5.40 km/h

Running performance: 11:07 min/km

Rank in course/Total: 12 (of 21)

Rank in course/Women: 2 (of 7)

Best time in course: 43:43

Rank in category: 2(of 7)

Best time in the category: 43:43

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 Women	Behind Women	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	
Fodgstadnuten	-	11:30	-	2	1:38	2	1:38	-	11:30	-	2	1:38	2	1:38	
Dalsnuten	-	18:46	-	2	3:37	2	3:37	-	30:16	-	2	5:15	2	5:15	
Øvre Eikenuten	-	15:59	-	3	6:42	3	6:42	-	46:15	-	2	9:48	2	9:48	
Finish	-	9:20	-	3	2:04	3	2:04	5.00	55:35	-	2	11:52	2	11:52	