



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Julia Sysoeva

Number: 195

Course: 5.00 km
3nutsløpet

Category:
Kvinner

Total time: 1:00:36

Speed: 4.95 km/h

Running performance: 12:08 min/km

Rank in course/Total: 14 (of 21)

Rank in course/Women: 3 (of 7)

Best time in course: 43:43

Rank in category: 3(of 7)

Best time in the category: 43:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	13:46	-	5	3:54	5	3:54	-	13:46	-	5	3:54	5	3:54
Dalsnuten	-	28:31	-	6	13:22	6	13:22	-	42:17	-	6	17:16	6	17:16
Øvre Eikenuten	-	9:17	-	1	-	1	-	-	51:34	-	3	15:07	3	15:07
Finish	-	9:02	-	2	1:46	2	1:46	5.00	1:00:36	-	3	16:53	3	16:53