



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Lykke Gemmer

Number: 72

Course: 5.00 km
3nutsløpet

Category:
Kvinner

Total time: 1:04:28

Speed: 4.65 km/h

Running performance: 12:54 min/km

Rank in course/Total: 15 (of 21)

Rank in course/Women: 4 (of 7)

Best time in course: 43:43

Rank in category: 4(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Women	Behind Women	km	Time			Pos Women	Behind Women	
Fodgstadnuten	-	11:44	-	3	1:52	3	1:52	-	11:44	-	3	1:52	3	1:52
Dalsnuten	-	21:41	-	3	6:32	3	6:32	-	33:25	-	3	8:24	3	8:24
Øvre Eikenuten	-	19:39	-	5	10:22	5	10:22	-	53:04	-	4	16:37	4	16:37
Finish	-	11:24	-	5	4:08	5	4:08	5.00	1:04:28	-	4	20:45	4	20:45