



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kristin Aaser Lunde

Club: ØI og Kondis
Number: 139

Course: 5.00 km
3nutsløpet

Category:
Kvinner

Total time: 1:09:45

Speed: 4.30 km/h
Running performance: 13:57 min/km

Rank in course/Total: 18 (of 21)

Rank in course/Women: 5 (of 7)

Best time in course: 43:43

Rank in category: 5(of 7)

Best time in the category: 43:43

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total km	Total Time	Total min/km	Pos		Behind	
				Cat.	Women	Cat.	Women				Cat.	Women	Cat.	Women
Fodgstadnuten	-	13:29	-	4	3:37	4	3:37	-	13:29	-	4	3:37	4	3:37
Dalsnuten	-	24:03	-	4	8:54	4	8:54	-	37:32	-	4	12:31	4	12:31
Øvre Eikenuten	-	21:13	-	6	11:56	6	11:56	-	58:45	-	5	22:18	5	22:18
Finish	-	11:00	-	4	3:44	4	3:44	5.00	1:09:45	-	5	26:02	5	26:02