



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Charlotte Varlid

Club: Austrått Passion for Running
Number: 64

Course: 5.00 km
3nutsløpet

Category:
Kvinner

Total time: 1:10:37

Speed: 4.25 km/h
Running performance: 14:08 min/km

Rank in course/Total: 19 (of 21)

Rank in course/Women: 6 (of 7)

Best time in course: 43:43

Rank in category: 6(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 ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	14:16	-	6	4:24	6	4:24	-	14:16	-	6	4:24	6	4:24
Dalsnuten	-	26:49	-	5	11:40	5	11:40	-	41:05	-	5	16:04	5	16:04
Øvre Eikenuten	-	17:55	-	4	8:38	4	8:38	-	59:00	-	6	22:33	6	22:33
Finish	-	11:37	-	6	4:21	6	4:21	5.00	1:10:37	-	6	26:54	6	26:54