



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Irene Kengen

Number: 115

Course: 5.00 km
3nutsløpet

Category:
Kvinner

Total time: 1:38:21

Speed: 3.05 km/h

Running performance: 19:41 min/km

Rank in course/Total: 20 (of 21)

Rank in course/Women: 7 (of 7)

Best time in course: 43:43

Rank in category: 7(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			min/km	Pos Women	Behind Women
Fodgstadnuten	-	15:45	-	7	5:53	7	5:53	-	15:45	-	7	5:53	7	5:53
Dalsnuten	-	36:42	-	7	21:33	7	21:33	-	52:27	-	7	27:26	7	27:26
Øvre Eikenuten	-	22:48	-	7	13:31	7	13:31	-	1:15:15	-	7	38:48	7	38:48
Finish	-	23:06	-	7	15:50	7	15:50	5.00	1:38:21	-	7	54:38	7	54:38