



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Siri Solsvik Fiksdal

Number: 174

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 1:45:20

Speed: 7.41 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 29 (of 155)

Rank in course/Women: 1 (of 53)

Best time in course: 1:45:20

Rank in category: 1(of 53)

Best time in the category: 1:45:20

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	9:04	-	3	0:30	3	0:30	-	9:04	-	3	0:30	3	0:30
Dalsnuten	-	14:53	-	3	0:46	3	0:46	-	23:57	-	2	1:16	2	1:16
Øvre Eikenuten	-	10:41	-	2	0:02	2	0:02	-	34:38	-	2	0:44	2	0:44
Gramstad mellom	-	7:25	-	2	0:12	2	0:12	-	42:03	-	2	0:26	2	0:26
Kollirudla	-	9:55	-	1	-	1	-	-	51:58	-	2	0:03	2	0:03
Mattisrudlå	-	22:09	-	2	0:33	2	0:33	-	1:14:07	-	2	0:10	2	0:10
Bjørndalsfjellet	-	11:30	-	2	0:02	2	0:02	-	1:25:37	-	2	0:12	2	0:12
Gramstadtjønna	-	17:57	-	2	0:08	2	0:08	-	1:43:34	-	1	-	1	-
Finish	-	1:46	-	1	-	1	-	13.00	1:45:20	-	1	-	1	-