



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Marie Gjeruldsen

Number: 154

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 1:59:39

Speed: 6.52 km/h  
Running performance: 9:13 min/km

Rank in course/Total: 62 (of 155)  
Rank in course/Women: 10 (of 53)  
Best time in course: 1:45:20  
Rank in category: 10(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	-	11:12	-	21	2:38	21	2:38	-	11:12	-	21	2:38	21	2:38
Dalsnuten	-	16:00	-	9	1:53	9	1:53	-	27:12	-	13	4:31	13	4:31
Øvre Eikenuten	-	13:34	-	16	2:55	16	2:55	-	40:46	-	14	6:52	14	6:52
Gramstad mellor	-	9:38	-	24	2:25	24	2:25	-	50:24	-	18	8:47	18	8:47
Kollirudla	-	10:53	-	6	0:58	6	0:58	-	1:01:17	-	18	9:22	18	9:22
Mattisrudlå	-	23:45	-	4	2:09	4	2:09	-	1:25:02	-	11	11:05	11	11:05
Bjørndalsfjellet	-	11:57	-	3	0:29	3	0:29	-	1:36:59	-	11	11:34	11	11:34
Gramstadtjønna	-	20:48	-	12	2:59	12	2:59	-	1:57:47	-	11	14:13	11	14:13
Finish	-	1:52	-	3	0:06	3	0:06	13.00	1:59:39	-	10	14:19	10	14:19