



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Cato Dahle

Club: Team Lord
Number: 128

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:51:26

Speed: 7.00 km/h
Running performance: 8:35 min/km

Rank in course/Total: 45 (of 155)

Rank in course/Men: 40 (of 102)

Best time in course: 1:23:07

Rank in category: 41(of 102)

Best time in the category: 1:23:07

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Fodgstadnuten	-	11:04	-	75	4:15	75	4:15	-	11:04	-	75	4:15	75	4:15
Dalsnuten	-	14:41	-	37	3:35	37	3:35	-	25:45	-	53	7:50	53	7:50
Øvre Eikenuten	-	10:46	-	23	1:35	23	1:35	-	36:31	-	48	9:25	48	9:25
Gramstad mellor	-	7:25	-	24	1:43	24	1:43	-	43:56	-	46	11:08	46	11:08
Kollirudla	-	10:39	-	42	2:13	42	2:13	-	54:35	-	47	13:21	47	13:21
Mattisrudlå	-	24:05	-	43	6:37	43	6:37	-	1:18:40	-	43	19:58	43	19:58
Bjørndalsfjellet	-	12:41	-	39	3:09	39	3:09	-	1:31:21	-	44	23:07	44	23:07
Gramstadtjønna	-	18:04	-	27	4:53	27	4:53	-	1:49:25	-	40	28:00	40	28:00
Finish	-	2:01	-	40	0:29	40	0:29	13.00	1:51:26	-	40	28:19	40	28:19