



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Andreas Tjeldflåt Kvalbein

Club: Sandnes IL
Number: 185

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:52:16

Speed: 6.95 km/h
Running performance: 8:39 min/km

Rank in course/Total: 48 (of 155)

Rank in course/Men: 43 (of 102)

Best time in course: 1:23:07

Rank in category: 44(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	-	8:54	-	31	2:05	31	2:05	-	8:54	-	31	2:05	31	2:05	
Dalsnuten	-	15:05	-	41	3:59	41	3:59	-	23:59	-	40	6:04	40	6:04	
Øvre Eikenuten	-	11:12	-	41	2:01	41	2:01	-	35:11	-	40	8:05	40	8:05	
Gramstad mellor	-	8:05	-	53	2:23	53	2:23	-	43:16	-	40	10:28	40	10:28	
Kollirudla	-	10:43	-	45	2:17	45	2:17	-	53:59	-	41	12:45	41	12:45	
Mattisrudlå	-	24:44	-	50	7:16	50	7:16	-	1:18:43	-	44	20:01	44	20:01	
Bjørndalsfjellet	-	12:36	-	38	3:04	38	3:04	-	1:31:19	-	43	23:05	43	23:05	
Gramstadtjønna	-	18:25	-	35	5:14	35	5:14	-	1:49:44	-	42	28:19	42	28:19	
Finish	-	2:32	-	80	1:00	80	1:00	13.00	1:52:16	-	43	29:09	43	29:09	