



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Arild Matland

Club: Subsea 7  
Number: 59

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:54:09

Speed: 6.83 km/h  
Running performance: 8:47 min/km

Rank in course/Total: 49 (of 155)

Rank in course/Men: 44 (of 102)

Best time in course: 1:23:07

Rank in category: 45(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	-	9:27	-	45	2:38	45	2:38	-	9:27	-	45	2:38	45	2:38
Dalsnuten	-	15:08	-	42	4:02	42	4:02	-	24:35	-	43	6:40	43	6:40
Øvre Eikenuten	-	11:10	-	40	1:59	40	1:59	-	35:45	-	42	8:39	42	8:39
Gramstad mellor	-	8:09	-	55	2:27	55	2:27	-	43:54	-	45	11:06	45	11:06
Kollirudla	-	10:34	-	40	2:08	40	2:08	-	54:28	-	45	13:14	45	13:14
Mattisrudlå	-	25:04	-	54	7:36	54	7:36	-	1:19:32	-	46	20:50	46	20:50
Bjørndalsfjellet	-	12:31	-	37	2:59	37	2:59	-	1:32:03	-	45	23:49	45	23:49
Gramstadtjønna	-	20:08	-	49	6:57	49	6:57	-	1:52:11	-	44	30:46	44	30:46
Finish	-	1:58	-	34	0:26	34	0:26	13.00	1:54:09	-	44	31:02	44	31:02