



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Rune Idsø

Club: Haugaland Kraft BIL  
Number: 132

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:54:54

Speed: 6.79 km/h  
Running performance: 8:51 min/km

Rank in course/Total: 50 (of 155)

Rank in course/Men: 45 (of 102)

Best time in course: 1:23:07

Rank in category: 46(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	-	8:44	-	28	1:55	28	1:55	-	8:44	-	28	1:55	28	1:55
Dalsnuten	-	15:16	-	47	4:10	47	4:10	-	24:00	-	41	6:05	41	6:05
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	34:59	-	37	7:53	37	7:53
Gramstad mellor	-	7:51	-	40	2:09	40	2:09	-	42:50	-	39	10:02	39	10:02
Kollirudla	-	11:01	-	53	2:35	53	2:35	-	53:51	-	40	12:37	40	12:37
Mattisrudlå	-	23:51	-	40	6:23	40	6:23	-	1:17:42	-	39	19:00	39	19:00
Bjørndalsfjellet	-	13:23	-	49	3:51	49	3:51	-	1:31:05	-	42	22:51	42	22:51
Gramstadtjønna	-	21:08	-	56	7:57	56	7:57	-	1:52:13	-	45	30:48	45	30:48
Finish	-	2:41	-	89	1:09	89	1:09	13.00	1:54:54	-	45	31:47	45	31:47