



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Heine Fjellhaug

Club: Avinor
Number: 77

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:56:36

Speed: 6.69 km/h
Running performance: 8:59 min/km

Rank in course/Total: 54 (of 155)

Rank in course/Men: 48 (of 102)

Best time in course: 1:23:07

Rank in category: 49(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	-	11:25	-	81	4:36	81	4:36	-	11:25	-	81	4:36	81	4:36
Dalsnuten	-	16:40	-	64	5:34	64	5:34	-	28:05	-	74	10:10	74	10:10
Øvre Eikenuten	-	11:31	-	49	2:20	49	2:20	-	39:36	-	60	12:30	60	12:30
Gramstad mellor	-	7:54	-	43	2:12	43	2:12	-	47:30	-	59	14:42	59	14:42
Kollirudla	-	11:39	-	69	3:13	69	3:13	-	59:09	-	59	17:55	59	17:55
Mattisrudlå	-	23:58	-	41	6:30	41	6:30	-	1:23:07	-	54	24:25	54	24:25
Bjørndalsfjellet	-	12:25	-	36	2:53	36	2:53	-	1:35:32	-	50	27:18	50	27:18
Gramstadtjønna	-	18:57	-	40	5:46	40	5:46	-	1:54:29	-	48	33:04	48	33:04
Finish	-	2:07	-	50	0:35	50	0:35	13.00	1:56:36	-	48	33:29	48	33:29