



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Helen Gilje Lavik

Club: New Chance  
Number: 127

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 2:00:15

Speed: 6.49 km/h  
Running performance: 9:15 min/km

Rank in course/Total: 63 (of 155)

Rank in course/Women: 11 (of 53)

Best time in course: 1:45:20

Rank in category: 11(of 53)

Best time in the category: 1:45:20

Control	Intermediate times								Stage score				Total ranking			
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women		
Fodgstadnuten	-	9:59	-	7	1:25	7	1:25	-	9:59	-	7	1:25	7	1:25		
Dalsnuten	-	15:50	-	8	1:43	8	1:43	-	25:49	-	7	3:08	7	3:08		
Øvre Eikenuten	-	11:24	-	7	0:45	7	0:45	-	37:13	-	7	3:19	7	3:19		
Gramstad mellor	-	8:23	-	11	1:10	11	1:10	-	45:36	-	7	3:59	7	3:59		
Kollirudla	-	11:31	-	13	1:36	13	1:36	-	57:07	-	8	5:12	8	5:12		
Mattisrudlå	-	25:35	-	13	3:59	13	3:59	-	1:22:42	-	8	8:45	8	8:45		
Bjørndalsfjellet	-	13:46	-	14	2:18	14	2:18	-	1:36:28	-	9	11:03	9	11:03		
Gramstadtjønna	-	21:03	-	13	3:14	13	3:14	-	1:57:31	-	10	13:57	10	13:57		
Finish	-	2:44	-	31	0:58	31	0:58	13.00	2:00:15	-	11	14:55	11	14:55		