



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Stig Bjønness

Club: Modne Menn Springarlag
Number: 65

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:56:41

Speed: 6.68 km/h
Running performance: 8:59 min/km

Rank in course/Total: 56 (of 155)

Rank in course/Men: 50 (of 102)

Best time in course: 1:23:07

Rank in category: 51(of 102)

Best time in the category: 1:23:07

Control	Intermediate times				Stage score				Total ranking					
	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	-	11:22	-	80	4:33	80	4:33	-	11:22	-	80	4:33	80	4:33
Dalsnuten	-	15:53	-	56	4:47	56	4:47	-	27:15	-	67	9:20	67	9:20
Øvre Eikenuten	-	11:57	-	58	2:46	58	2:46	-	39:12	-	58	12:06	58	12:06
Gramstad mellor	-	8:01	-	47	2:19	47	2:19	-	47:13	-	58	14:25	58	14:25
Kollirudla	-	10:43	-	45	2:17	45	2:17	-	57:56	-	57	16:42	57	16:42
Mattisrudlå	-	24:34	-	49	7:06	49	7:06	-	1:22:30	-	53	23:48	53	23:48
Bjørndalsfjellet	-	13:08	-	46	3:36	46	3:36	-	1:35:38	-	51	27:24	51	27:24
Gramstadtjønna	-	19:09	-	42	5:58	42	5:58	-	1:54:47	-	50	33:22	50	33:22
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:56:41	-	50	33:34	50	33:34