



7nutslopet 2017

Gramstad / 09.09.2017

Detailed evaluation

Terje Lutsi

Club: Sviland BMX - REFAB
Number: 134

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:57:23

Speed: 6.64 km/h
Running performance: 9:02 min/km

Rank in course/Total: 58 (of 155)

Rank in course/Men: 51 (of 102)

Best time in course: 1:23:07

Rank in category: 52(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	-	10:01	-	56	3:12	56	3:12	-	10:01	-	56	3:12	56	3:12
Dalsnuten	-	15:22	-	49	4:16	49	4:16	-	25:23	-	49	7:28	49	7:28
Øvre Eikenuten	-	11:20	-	44	2:09	44	2:09	-	36:43	-	51	9:37	51	9:37
Gramstad mellor	-	8:47	-	67	3:05	67	3:05	-	45:30	-	52	12:42	52	12:42
Kollirudla	-	11:28	-	61	3:02	61	3:02	-	56:58	-	51	15:44	51	15:44
Mattisrudlå	-	24:30	-	48	7:02	48	7:02	-	1:21:28	-	49	22:46	49	22:46
Bjørndalsfjellet	-	13:57	-	60	4:25	60	4:25	-	1:35:25	-	48	27:11	48	27:11
Gramstadtjønna	-	19:25	-	46	6:14	46	6:14	-	1:54:50	-	51	33:25	51	33:25
Finish	-	2:33	-	82	1:01	82	1:01	13.00	1:57:23	-	51	34:16	51	34:16