



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Øystein Dale

Number: 91

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:00:18

Speed: 6.48 km/h

Running performance: 9:16 min/km

Rank in course/Total: 64 (of 155)

Rank in course/Men: 53 (of 102)

Best time in course: 1:23:07

Rank in category: 54(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Fodgstadnuten	-	10:18	-	63	3:29	63	3:29	-	10:18	-	63	3:29	63	3:29
Dalsnuten	-	16:21	-	58	5:15	58	5:15	-	26:39	-	59	8:44	59	8:44
Øvre Eikenuten	-	11:32	-	50	2:21	50	2:21	-	38:11	-	56	11:05	56	11:05
Gramstad mellor	-	8:03	-	51	2:21	51	2:21	-	46:14	-	57	13:26	57	13:26
Kollirudla	-	11:30	-	63	3:04	63	3:04	-	57:44	-	56	16:30	56	16:30
Mattisrudlå	-	27:02	-	68	9:34	68	9:34	-	1:24:46	-	60	26:04	60	26:04
Bjørndalsfjellet	-	13:24	-	50	3:52	50	3:52	-	1:38:10	-	57	29:56	57	29:56
Gramstadtjønna	-	20:04	-	48	6:53	48	6:53	-	1:58:14	-	53	36:49	53	36:49
Finish	-	2:04	-	44	0:32	44	0:32	13.00	2:00:18	-	53	37:11	53	37:11