



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Andreas Talgø Lie

Club: Krefthforeningen
Number: 56

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:01:20

Speed: 6.43 km/h
Running performance: 9:20 min/km

Rank in course/Total: 68 (of 155)

Rank in course/Men: 54 (of 102)

Best time in course: 1:23:07

Rank in category: 55(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	-	10:27	-	65	3:38	65	3:38	-	10:27	-	65	3:38	65	3:38
Dalsnuten	-	16:36	-	62	5:30	62	5:30	-	27:03	-	62	9:08	62	9:08
Øvre Eikenuten	-	13:04	-	70	3:53	70	3:53	-	40:07	-	64	13:01	64	13:01
Gramstad mellor	-	8:46	-	65	3:04	65	3:04	-	48:53	-	65	16:05	65	16:05
Kollirudla	-	10:24	-	35	1:58	35	1:58	-	59:17	-	60	18:03	60	18:03
Mattisrudlå	-	24:55	-	53	7:27	53	7:27	-	1:24:12	-	58	25:30	58	25:30
Bjørndalsfjellet	-	13:06	-	45	3:34	45	3:34	-	1:37:18	-	55	29:04	55	29:04
Gramstadtjønna	-	22:20	-	63	9:09	63	9:09	-	1:59:38	-	54	38:13	54	38:13
Finish	-	1:42	-	4	0:10	4	0:10	13.00	2:01:20	-	55	38:13	55	38:13