



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Simon Vestvik Edland

Number: 110

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:01:39

Speed: 6.41 km/h
Running performance: 9:22 min/km

Rank in course/Total: 69 (of 155)

Rank in course/Men: 56 (of 102)

Best time in course: 1:23:07

Rank in category: 57(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	-	10:06	-	59	3:17	59	3:17	-	10:06	-	59	3:17	59	3:17
Dalsnuten	-	15:36	-	53	4:30	53	4:30	-	25:42	-	52	7:47	52	7:47
Øvre Eikenuten	-	11:43	-	54	2:32	54	2:32	-	37:25	-	54	10:19	54	10:19
Gramstad mellor	-	8:05	-	53	2:23	53	2:23	-	45:30	-	52	12:42	52	12:42
Kollirudla	-	11:35	-	66	3:09	66	3:09	-	57:05	-	53	15:51	53	15:51
Mattisrudlå	-	25:23	-	59	7:55	59	7:55	-	1:22:28	-	52	23:46	52	23:46
Bjørndalsfjellet	-	14:37	-	66	5:05	66	5:05	-	1:37:05	-	54	28:51	54	28:51
Gramstadtjønna	-	22:38	-	66	9:27	66	9:27	-	1:59:43	-	56	38:18	56	38:18
Finish	-	1:56	-	30	0:24	30	0:24	13.00	2:01:39	-	57	38:32	57	38:32