



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Ole Morten Thingbø

Club: Sandnes IL  
Number: 111

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:02:07

Speed: 6.39 km/h  
Running performance: 9:24 min/km

Rank in course/Total: 71 (of 155)

Rank in course/Men: 58 (of 102)

Best time in course: 1:23:07

Rank in category: 59(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	-	9:50	-	49	3:01	49	3:01	-	9:50	-	49	3:01	49	3:01
Dalsnuten	-	16:27	-	59	5:21	59	5:21	-	26:17	-	57	8:22	57	8:22
Øvre Eikenuten	-	14:24	-	76	5:13	76	5:13	-	40:41	-	70	13:35	70	13:35
Gramstad mellor	-	8:13	-	56	2:31	56	2:31	-	48:54	-	66	16:06	66	16:06
Kollirudla	-	11:22	-	58	2:56	58	2:56	-	1:00:16	-	62	19:02	62	19:02
Mattisrudlå	-	25:11	-	56	7:43	56	7:43	-	1:25:27	-	62	26:45	62	26:45
Bjørndalsfjellet	-	13:40	-	52	4:08	52	4:08	-	1:39:07	-	60	30:53	60	30:53
Gramstadtjønna	-	20:36	-	53	7:25	53	7:25	-	1:59:43	-	56	38:18	56	38:18
Finish	-	2:24	-	75	0:52	75	0:52	13.00	2:02:07	-	59	39:00	59	39:00