



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Christer Olsen

Number: 186

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:02:19

Speed: 6.38 km/h
Running performance: 9:25 min/km

Rank in course/Total: 72 (of 155)

Rank in course/Men: 59 (of 102)

Best time in course: 1:23:07

Rank in category: 60(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	-	9:47	-	47	2:58	47	2:58	-	9:47	-	47	2:58	47	2:58	
Dalsnuten	-	15:10	-	43	4:04	43	4:04	-	24:57	-	46	7:02	46	7:02	
Øvre Eikenuten	-	11:23	-	47	2:12	47	2:12	-	36:20	-	46	9:14	46	9:14	
Gramstad mellor	-	7:47	-	38	2:05	38	2:05	-	44:07	-	50	11:19	50	11:19	
Kollirudla	-	11:40	-	70	3:14	70	3:14	-	55:47	-	50	14:33	50	14:33	
Mattisrudlå	-	27:26	-	71	9:58	71	9:58	-	1:23:13	-	55	24:31	55	24:31	
Bjørndalsfjellet	-	15:06	-	71	5:34	71	5:34	-	1:38:19	-	58	30:05	58	30:05	
Gramstadtjønna	-	21:49	-	61	8:38	61	8:38	-	2:00:08	-	59	38:43	59	38:43	
Finish	-	2:11	-	59	0:39	59	0:39	13.00	2:02:19	-	60	39:12	60	39:12	