



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Eli Berentzen

Club: Hetland sport
Number: 200

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:01:01

Speed: 6.45 km/h
Running performance: 9:19 min/km

Rank in course/Total: 65 (of 155)

Rank in course/Women: 12 (of 53)

Best time in course: 1:45:20

Rank in category: 12(of 53)

Best time in the category: 1:45:20

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	11:28	-	23	2:54	23	2:54	-	11:28	-	23	2:54	23	2:54
Dalsnuten	-	17:05	-	15	2:58	15	2:58	-	28:33	-	18	5:52	18	5:52
Øvre Eikenuten	-	12:11	-	10	1:32	10	1:32	-	40:44	-	13	6:50	13	6:50
Gramstad mellor	-	8:21	-	9	1:08	9	1:08	-	49:05	-	12	7:28	12	7:28
Kollirudla	-	11:28	-	11	1:33	11	1:33	-	1:00:33	-	12	8:38	12	8:38
Mattisrudlå	-	25:21	-	11	3:45	11	3:45	-	1:25:54	-	13	11:57	13	11:57
Bjørndalsfjellet	-	13:45	-	13	2:17	13	2:17	-	1:39:39	-	13	14:14	13	14:14
Gramstadtjønna	-	19:28	-	8	1:39	8	1:39	-	1:59:07	-	12	15:33	12	15:33
Finish	-	1:54	-	4	0:08	4	0:08	13.00	2:01:01	-	12	15:41	12	15:41