



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        |