



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Odd Inge Svihus

Number: 36

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:02:59

Speed: 6.34 km/h

Running performance: 9:28 min/km

Rank in course/Total: 74 (of 155)

Rank in course/Men: 61 (of 102)

Best time in course: 1:23:07

Rank in category: 62(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	-	10:50	-	69	4:01	69	4:01	-	10:50	-	69	4:01	69	4:01
Dalsnuten	-	16:59	-	71	5:53	71	5:53	-	27:49	-	72	9:54	72	9:54
Øvre Eikenuten	-	13:06	-	71	3:55	71	3:55	-	40:55	-	73	13:49	73	13:49
Gramstad mellor	-	8:42	-	63	3:00	63	3:00	-	49:37	-	70	16:49	70	16:49
Kollirudla	-	10:58	-	51	2:32	51	2:32	-	1:00:35	-	64	19:21	64	19:21
Mattisrudlå	-	25:22	-	58	7:54	58	7:54	-	1:25:57	-	63	27:15	63	27:15
Bjørndalsfjellet	-	13:43	-	53	4:11	53	4:11	-	1:39:40	-	63	31:26	63	31:26
Gramstadtjønna	-	21:18	-	57	8:07	57	8:07	-	2:00:58	-	61	39:33	61	39:33
Finish	-	2:01	-	40	0:29	40	0:29	13.00	2:02:59	-	62	39:52	62	39:52