



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Arvid Gjerde

Club: SUSBIL - HVIKT / SHC
Number: 53

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:03:08

Speed: 6.33 km/h
Running performance: 9:29 min/km

Rank in course/Total: 75 (of 155)

Rank in course/Men: 62 (of 102)

Best time in course: 1:23:07

Rank in category: 63(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Fodgstadnuten	-	11:46	-	84	4:57	84	4:57	-	11:46	-	84	4:57	84	4:57
Dalsnuten	-	17:16	-	75	6:10	75	6:10	-	29:02	-	82	11:07	82	11:07
Øvre Eikenuten	-	17:07	-	90	7:56	90	7:56	-	46:09	-	84	19:03	84	19:03
Gramstad mellor	-	9:03	-	70	3:21	70	3:21	-	55:12	-	78	22:24	78	22:24
Kollirudla	-	9:57	-	23	1:31	23	1:31	-	1:05:09	-	74	23:55	74	23:55
Mattisrudlå	-	23:07	-	33	5:39	33	5:39	-	1:28:16	-	71	29:34	71	29:34
Bjørndalsfjellet	-	12:52	-	43	3:20	43	3:20	-	1:41:08	-	66	32:54	66	32:54
Gramstadtjønna	-	20:10	-	50	6:59	50	6:59	-	2:01:18	-	62	39:53	62	39:53
Finish	-	1:50	-	18	0:18	18	0:18	13.00	2:03:08	-	63	40:01	63	40:01