



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

André Sirevåg

Club: Statoil BIL

Number: 41

Course: 13.00 km

7nutsløpet

Category:

Mann

Total time: 2:04:27

Speed: 6.27 km/h

Running performance: 9:35 min/km

Rank in course/Total: 76 (of 155)

Rank in course/Men: 63 (of 102)

Best time in course: 1:23:07

Rank in category: 64(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	-	9:58	-	55	3:09	55	3:09	-	9:58	-	55	3:09	55	3:09
Dalsnuten	-	16:28	-	60	5:22	60	5:22	-	26:26	-	58	8:31	58	8:31
Øvre Eikenuten	-	13:00	-	68	3:49	68	3:49	-	39:26	-	59	12:20	59	12:20
Gramstad mellor	-	8:46	-	65	3:04	65	3:04	-	48:12	-	60	15:24	60	15:24
Kollirudla	-	10:53	-	50	2:27	50	2:27	-	59:05	-	58	17:51	58	17:51
Mattisrudlå	-	25:37	-	60	8:09	60	8:09	-	1:24:42	-	59	26:00	59	26:00
Bjørndalsfjellet	-	14:29	-	64	4:57	64	4:57	-	1:39:11	-	62	30:57	62	30:57
Gramstadtjønna	-	23:01	-	67	9:50	67	9:50	-	2:02:12	-	63	40:47	63	40:47
Finish	-	2:15	-	65	0:43	65	0:43	13.00	2:04:27	-	64	41:20	64	41:20