



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Thor Gunnar Øksnevad Wigen

Club: Tempo Triathlon Club
Number: 163

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:05:46

Speed: 6.20 km/h
Running performance: 9:41 min/km

Rank in course/Total: 78 (of 155)

Rank in course/Men: 65 (of 102)

Best time in course: 1:23:07

Rank in category: 66(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	-	9:56	-	54	3:07	54	3:07	-	9:56	-	54	3:07	54	3:07
Dalsnuten	-	17:16	-	75	6:10	75	6:10	-	27:12	-	65	9:17	65	9:17
Øvre Eikenuten	-	13:35	-	75	4:24	75	4:24	-	40:47	-	71	13:41	71	13:41
Gramstad mellor	-	9:29	-	77	3:47	77	3:47	-	50:16	-	73	17:28	73	17:28
Kollirudla	-	11:00	-	52	2:34	52	2:34	-	1:01:16	-	70	20:02	70	20:02
Mattisrudlå	-	24:47	-	51	7:19	51	7:19	-	1:26:03	-	64	27:21	64	27:21
Bjørndalsfjellet	-	14:18	-	63	4:46	63	4:46	-	1:40:21	-	64	32:07	64	32:07
Gramstadtjønna	-	23:33	-	71	10:22	71	10:22	-	2:03:54	-	65	42:29	65	42:29
Finish	-	1:52	-	20	0:20	20	0:20	13.00	2:05:46	-	66	42:39	66	42:39