



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Roy Løvland

Club: STriK  
Number: 137

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:06:21

Speed: 6.17 km/h  
Running performance: 9:44 min/km

Rank in course/Total: 80 (of 155)

Rank in course/Men: 66 (of 102)

Best time in course: 1:23:07

Rank in category: 67(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	-	10:53	-	71	4:04	71	4:04	-	10:53	-	71	4:04	71	4:04
Dalsnuten	-	16:51	-	68	5:45	68	5:45	-	27:44	-	71	9:49	71	9:49
Øvre Eikenuten	-	12:40	-	63	3:29	63	3:29	-	40:24	-	67	13:18	67	13:18
Gramstad mellor	-	9:07	-	71	3:25	71	3:25	-	49:31	-	69	16:43	69	16:43
Kollirudla	-	11:36	-	67	3:10	67	3:10	-	1:01:07	-	69	19:53	69	19:53
Mattisrudlå	-	25:50	-	61	8:22	61	8:22	-	1:26:57	-	66	28:15	66	28:15
Bjørndalsfjellet	-	14:59	-	70	5:27	70	5:27	-	1:41:56	-	68	33:42	68	33:42
Gramstadtjønna	-	22:09	-	62	8:58	62	8:58	-	2:04:05	-	66	42:40	66	42:40
Finish	-	2:16	-	68	0:44	68	0:44	13.00	2:06:21	-	67	43:14	67	43:14