



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Lars Wilberg

Club: Tempo Triathlon Club
Number: 171

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:07:41

Speed: 6.11 km/h
Running performance: 9:50 min/km

Rank in course/Total: 83 (of 155)

Rank in course/Men: 68 (of 102)

Best time in course: 1:23:07

Rank in category: 69(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	-	10:52	-	70	4:03	70	4:03	-	10:52	-	70	4:03	70	4:03
Dalsnuten	-	16:48	-	66	5:42	66	5:42	-	27:40	-	70	9:45	70	9:45
Øvre Eikenuten	-	12:24	-	60	3:13	60	3:13	-	40:04	-	63	12:58	63	12:58
Gramstad mellor	-	8:34	-	62	2:52	62	2:52	-	48:38	-	62	15:50	62	15:50
Kollirudla	-	12:13	-	81	3:47	81	3:47	-	1:00:51	-	66	19:37	66	19:37
Mattisrudlå	-	26:44	-	64	9:16	64	9:16	-	1:27:35	-	68	28:53	68	28:53
Bjørndalsfjellet	-	14:51	-	69	5:19	69	5:19	-	1:42:26	-	69	34:12	69	34:12
Gramstadtjønna	-	23:07	-	68	9:56	68	9:56	-	2:05:33	-	68	44:08	68	44:08
Finish	-	2:08	-	52	0:36	52	0:36	13.00	2:07:41	-	69	44:34	69	44:34