



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Linda Haugvaldstad

Club: Lyse BIL  
Number: 79

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 2:01:13

Speed: 6.43 km/h  
Running performance: 9:20 min/km

Rank in course/Total: 66 (of 155)  
Rank in course/Women: 13 (of 53)  
Best time in course: 1:45:20  
Rank in category: 13(of 53)  
Best time in the category: 1:45:20

Intermediate times				Stage score				Total ranking						
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	11:10	-	20	2:36	20	2:36	-	11:10	-	20	2:36	20	2:36
Dalsnuten	-	17:19	-	18	3:12	18	3:12	-	28:29	-	17	5:48	17	5:48
Øvre Eikenuten	-	12:22	-	12	1:43	12	1:43	-	40:51	-	15	6:57	15	6:57
Gramstad mellor	-	8:21	-	9	1:08	9	1:08	-	49:12	-	14	7:35	14	7:35
Kollirudla	-	11:29	-	12	1:34	12	1:34	-	1:00:41	-	14	8:46	14	8:46
Mattisrudlå	-	25:09	-	10	3:33	10	3:33	-	1:25:50	-	12	11:53	12	11:53
Bjørndalsfjellet	-	13:30	-	11	2:02	11	2:02	-	1:39:20	-	12	13:55	12	13:55
Gramstadtjønna	-	19:50	-	9	2:01	9	2:01	-	1:59:10	-	13	15:36	13	15:36
Finish	-	2:03	-	6	0:17	6	0:17	13.00	2:01:13	-	13	15:53	13	15:53