



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Randolph Behrens

Number: 17

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:11:43

Speed: 5.92 km/h  
Running performance: 10:08 min/km

Rank in course/Total: 88 (of 155)

Rank in course/Men: 70 (of 102)

Best time in course: 1:23:07

Rank in category: 71(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Fodgstadnuten	-	12:02	-	90	5:13	90	5:13	-	12:02	-	90	5:13	90	5:13
Dalsnuten	-	16:53	-	69	5:47	69	5:47	-	28:55	-	79	11:00	79	11:00
Øvre Eikenuten	-	13:19	-	73	4:08	73	4:08	-	42:14	-	76	15:08	76	15:08
Gramstad mellor	-	9:38	-	80	3:56	80	3:56	-	51:52	-	76	19:04	76	19:04
Kollirudla	-	13:57	-	91	5:31	91	5:31	-	1:05:49	-	75	24:35	75	24:35
Mattisrudlå	-	28:17	-	76	10:49	76	10:49	-	1:34:06	-	75	35:24	75	35:24
Bjørndalsfjellet	-	13:50	-	56	4:18	56	4:18	-	1:47:56	-	75	39:42	75	39:42
Gramstadtjønna	-	21:43	-	60	8:32	60	8:32	-	2:09:39	-	70	48:14	70	48:14
Finish	-	2:04	-	44	0:32	44	0:32	13.00	2:11:43	-	71	48:36	71	48:36