



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Fredrik Gjeruldsen

Club: Statoil
Number: 153

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:12:12

Speed: 5.90 km/h
Running performance: 10:11 min/km

Rank in course/Total: 89 (of 155)

Rank in course/Men: 71 (of 102)

Best time in course: 1:23:07

Rank in category: 72(of 102)

Best time in the category: 1:23:07

Control	Intermediate times				Stage score				Total ranking					
	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	-	11:17	-	78	4:28	78	4:28	-	11:17	-	78	4:28	78	4:28
Dalsnuten	-	17:18	-	77	6:12	77	6:12	-	28:35	-	77	10:40	77	10:40
Øvre Eikenuten	-	12:26	-	61	3:15	61	3:15	-	41:01	-	74	13:55	74	13:55
Gramstad mellor	-	9:29	-	77	3:47	77	3:47	-	50:30	-	74	17:42	74	17:42
Kollirudla	-	12:02	-	77	3:36	77	3:36	-	1:02:32	-	72	21:18	72	21:18
Mattisrudlå	-	28:21	-	77	10:53	77	10:53	-	1:30:53	-	73	32:11	73	32:11
Bjørndalsfjellet	-	15:35	-	76	6:03	76	6:03	-	1:46:28	-	74	38:14	74	38:14
Gramstadtjønna	-	23:24	-	70	10:13	70	10:13	-	2:09:52	-	71	48:27	71	48:27
Finish	-	2:20	-	70	0:48	70	0:48	13.00	2:12:12	-	72	49:05	72	49:05