



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Oddvar Fattnes

Club: Petrol
Number: 172

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:12:29

Speed: 5.89 km/h
Running performance: 10:12 min/km

Rank in course/Total: 90 (of 155)

Rank in course/Men: 72 (of 102)

Best time in course: 1:23:07

Rank in category: 73(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	-	10:45	-	67	3:56	67	3:56	-	10:45	-	67	3:56	67	3:56
Dalsnuten	-	16:54	-	70	5:48	70	5:48	-	27:39	-	69	9:44	69	9:44
Øvre Eikenuten	-	13:00	-	68	3:49	68	3:49	-	40:39	-	69	13:33	69	13:33
Gramstad mellor	-	8:33	-	61	2:51	61	2:51	-	49:12	-	67	16:24	67	16:24
Kollirudla	-	13:52	-	90	5:26	90	5:26	-	1:03:04	-	73	21:50	73	21:50
Mattisrudlå	-	27:51	-	75	10:23	75	10:23	-	1:30:55	-	74	32:13	74	32:13
Bjørndalsfjellet	-	15:23	-	74	5:51	74	5:51	-	1:46:18	-	73	38:04	73	38:04
Gramstadtjønna	-	23:55	-	73	10:44	73	10:44	-	2:10:13	-	72	48:48	72	48:48
Finish	-	2:16	-	68	0:44	68	0:44	13.00	2:12:29	-	73	49:22	73	49:22