



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Tom Jakobsen

Number: 52

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:12:46

Speed: 5.87 km/h

Running performance: 10:13 min/km

Rank in course/Total: 92 (of 155)

Rank in course/Men: 74 (of 102)

Best time in course: 1:23:07

Rank in category: 75(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		Behind		Total		Pos		Behind		
				Cat.	Men	Cat.	Men	km	Time	Cat.	Men			
Fodgstadnuten	-	10:49	-	68	4:00	68	4:00	-	10:49	-	68	4:00	68	4:00
Dalsnuten	-	17:14	-	74	6:08	74	6:08	-	28:03	-	73	10:08	73	10:08
Øvre Eikenuten	-	12:47	-	65	3:36	65	3:36	-	40:50	-	72	13:44	72	13:44
Gramstad mellor	-	8:50	-	68	3:08	68	3:08	-	49:40	-	71	16:52	71	16:52
Kollirudla	-	12:00	-	75	3:34	75	3:34	-	1:01:40	-	71	20:26	71	20:26
Mattisrudlå	-	27:36	-	73	10:08	73	10:08	-	1:29:16	-	72	30:34	72	30:34
Bjørndalsfjellet	-	16:20	-	81	6:48	81	6:48	-	1:45:36	-	72	37:22	72	37:22
Gramstadtjønna	-	24:56	-	77	11:45	77	11:45	-	2:10:32	-	74	49:07	74	49:07
Finish	-	2:14	-	61	0:42	61	0:42	13.00	2:12:46	-	75	49:39	75	49:39