



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Jørn Sviland

Number: 46

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:14:15

Speed: 5.81 km/h

Running performance: 10:20 min/km

Rank in course/Total: 93 (of 155)

Rank in course/Men: 75 (of 102)

Best time in course: 1:23:07

Rank in category: 76(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Fodgstadnuten	-	11:59	-	89	5:10	89	5:10	-	11:59	-	89	5:10	89	5:10
Dalsnuten	-	17:37	-	79	6:31	79	6:31	-	29:36	-	86	11:41	86	11:41
Øvre Eikenuten	-	16:43	-	86	7:32	86	7:32	-	46:19	-	85	19:13	85	19:13
Gramstad mellor	-	9:24	-	76	3:42	76	3:42	-	55:43	-	81	22:55	81	22:55
Kollirudla	-	12:07	-	78	3:41	78	3:41	-	1:07:50	-	79	26:36	79	26:36
Mattisrudlå	-	26:53	-	67	9:25	67	9:25	-	1:34:43	-	76	36:01	76	36:01
Bjørndalsfjellet	-	14:34	-	65	5:02	65	5:02	-	1:49:17	-	76	41:03	76	41:03
Gramstadtjønna	-	22:34	-	65	9:23	65	9:23	-	2:11:51	-	75	50:26	75	50:26
Finish	-	2:24	-	75	0:52	75	0:52	13.00	2:14:15	-	76	51:08	76	51:08