



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kai Villy Willumsen

Club: ConocoPhillips Bil
Number: 78

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:15:57

Speed: 5.74 km/h
Running performance: 10:28 min/km

Rank in course/Total: 95 (of 155)

Rank in course/Men: 76 (of 102)

Best time in course: 1:23:07

Rank in category: 77(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Fodgstadnuten	-	11:47	-	85	4:58	85	4:58	-	11:47	-	85	4:58	85	4:58
Dalsnuten	-	17:39	-	80	6:33	80	6:33	-	29:26	-	84	11:31	84	11:31
Øvre Eikenuten	-	16:35	-	82	7:24	82	7:24	-	46:01	-	83	18:55	83	18:55
Gramstad mellor	-	9:16	-	73	3:34	73	3:34	-	55:17	-	79	22:29	79	22:29
Kollirudla	-	11:59	-	74	3:33	74	3:33	-	1:07:16	-	78	26:02	78	26:02
Mattisrudlå	-	27:40	-	74	10:12	74	10:12	-	1:34:56	-	77	36:14	77	36:14
Bjørndalsfjellet	-	14:50	-	68	5:18	68	5:18	-	1:49:46	-	77	41:32	77	41:32
Gramstadtjønna	-	23:57	-	74	10:46	74	10:46	-	2:13:43	-	76	52:18	76	52:18
Finish	-	2:14	-	61	0:42	61	0:42	13.00	2:15:57	-	77	52:50	77	52:50