



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Tommy Christensen

Club: Ugland BIL
Number: 69

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:16:57

Speed: 5.70 km/h
Running performance: 10:33 min/km

Rank in course/Total: 96 (of 155)

Rank in course/Men: 77 (of 102)

Best time in course: 1:23:07

Rank in category: 78(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	-	11:20	-	79	4:31	79	4:31	-	11:20	-	79	4:31	79	4:31
Dalsnuten	-	17:36	-	78	6:30	78	6:30	-	28:56	-	80	11:01	80	11:01
Øvre Eikenuten	-	16:45	-	87	7:34	87	7:34	-	45:41	-	79	18:35	79	18:35
Gramstad mellor	-	9:16	-	73	3:34	73	3:34	-	54:57	-	77	22:09	77	22:09
Kollirudla	-	11:23	-	59	2:57	59	2:57	-	1:06:20	-	76	25:06	76	25:06
Mattisrudlå	-	29:46	-	82	12:18	82	12:18	-	1:36:06	-	79	37:24	79	37:24
Bjørndalsfjellet	-	14:16	-	62	4:44	62	4:44	-	1:50:22	-	78	42:08	78	42:08
Gramstadtjønna	-	24:15	-	75	11:04	75	11:04	-	2:14:37	-	77	53:12	77	53:12
Finish	-	2:20	-	70	0:48	70	0:48	13.00	2:16:57	-	78	53:50	78	53:50