



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Jakob Korsgaard

Club: Tempo Triathlon Club
Number: 178

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:21:04

Speed: 5.53 km/h
Running performance: 10:52 min/km

Rank in course/Total: 101 (of 155)

Rank in course/Men: 78 (of 102)

Best time in course: 1:23:07

Rank in category: 79(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	-	11:11	-	76	4:22	76	4:22	-	11:11	-	76	4:22	76	4:22
Dalsnuten	-	18:22	-	84	7:16	84	7:16	-	29:33	-	85	11:38	85	11:38
Øvre Eikenuten	-	16:50	-	89	7:39	89	7:39	-	46:23	-	86	19:17	86	19:17
Gramstad mellor	-	9:40	-	82	3:58	82	3:58	-	56:03	-	84	23:15	84	23:15
Kollirudla	-	11:52	-	72	3:26	72	3:26	-	1:07:55	-	80	26:41	80	26:41
Mattisrudlå	-	28:22	-	78	10:54	78	10:54	-	1:36:17	-	80	37:35	80	37:35
Bjørndalsfjellet	-	15:49	-	78	6:17	78	6:17	-	1:52:06	-	80	43:52	80	43:52
Gramstadtjønna	-	26:47	-	80	13:36	80	13:36	-	2:18:53	-	80	57:28	80	57:28
Finish	-	2:11	-	59	0:39	59	0:39	13.00	2:21:04	-	79	57:57	79	57:57