



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Espen Lea

Number: 81

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:21:16

Speed: 5.52 km/h

Running performance: 10:52 min/km

Rank in course/Total: 103 (of 155)

Rank in course/Men: 79 (of 102)

Best time in course: 1:23:07

Rank in category: 80(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Fodgstadnuten	-	11:16	-	77	4:27	77	4:27	-	11:16	-	77	4:27	77	4:27
Dalsnuten	-	19:34	-	91	8:28	91	8:28	-	30:50	-	88	12:55	88	12:55
Øvre Eikenuten	-	15:03	-	79	5:52	79	5:52	-	45:53	-	81	18:47	81	18:47
Gramstad mellor	-	10:40	-	89	4:58	89	4:58	-	56:33	-	86	23:45	86	23:45
Kollirudla	-	12:07	-	78	3:41	78	3:41	-	1:08:40	-	84	27:26	84	27:26
Mattisrudlå	-	27:23	-	70	9:55	70	9:55	-	1:36:03	-	78	37:21	78	37:21
Bjørndalsfjellet	-	15:27	-	75	5:55	75	5:55	-	1:51:30	-	79	43:16	79	43:16
Gramstadtjønna	-	27:17	-	82	14:06	82	14:06	-	2:18:47	-	78	57:22	78	57:22
Finish	-	2:29	-	78	0:57	78	0:57	13.00	2:21:16	-	80	58:09	80	58:09