



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Egil Myhre

Number: 82

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:21:25

Speed: 5.52 km/h

Running performance: 10:53 min/km

Rank in course/Total: 104 (of 155)

Rank in course/Men: 80 (of 102)

Best time in course: 1:23:07

Rank in category: 81(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 | - | 10:41 | - | 66 | 3:52 | 66 | 3:52 | - | 10:41 | - | 66 | 3:52 | 66 | 3:52 |
| Dalsnuten | - | 18:33 | - | 87 | 7:27 | 87 | 7:27 | - | 29:14 | - | 83 | 11:19 | 83 | 11:19 |
| Øvre Eikenuten | - | 16:45 | - | 87 | 7:34 | 87 | 7:34 | - | 45:59 | - | 82 | 18:53 | 82 | 18:53 |
| Gramstad mellor | - | 9:56 | - | 84 | 4:14 | 84 | 4:14 | - | 55:55 | - | 82 | 23:07 | 82 | 23:07 |
| Kollirudla | - | 12:38 | - | 85 | 4:12 | 85 | 4:12 | - | 1:08:33 | - | 82 | 27:19 | 82 | 27:19 |
| Mattisrudlå | - | 29:32 | - | 81 | 12:04 | 81 | 12:04 | - | 1:38:05 | - | 83 | 39:23 | 83 | 39:23 |
| Bjørndalsfjellet | - | 16:11 | - | 79 | 6:39 | 79 | 6:39 | - | 1:54:16 | - | 81 | 46:02 | 81 | 46:02 |
| Gramstadtjønna | - | 24:33 | - | 76 | 11:22 | 76 | 11:22 | - | 2:18:49 | - | 79 | 57:24 | 79 | 57:24 |
| Finish | - | 2:36 | - | 84 | 1:04 | 84 | 1:04 | 13.00 | 2:21:25 | - | 81 | 58:18 | 81 | 58:18 |