



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Kjetil Bækholt

Club: FK Agri  
Number: 176

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:23:16

Speed: 5.44 km/h  
Running performance: 11:02 min/km

Rank in course/Total: 106 (of 155)

Rank in course/Men: 81 (of 102)

Best time in course: 1:23:07

Rank in category: 82(of 102)

Best time in the category: 1:23:07

Control	Intermediate times				Stage score				Total ranking					
	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	-	12:40	-	94	5:51	94	5:51	-	12:40	-	94	5:51	94	5:51
Dalsnuten	-	18:33	-	87	7:27	87	7:27	-	31:13	-	91	13:18	91	13:18
Øvre Eikenuten	-	14:33	-	78	5:22	78	5:22	-	45:46	-	80	18:40	80	18:40
Gramstad mellor	-	9:50	-	83	4:08	83	4:08	-	55:36	-	80	22:48	80	22:48
Kollirudla	-	13:02	-	88	4:36	88	4:36	-	1:08:38	-	83	27:24	83	27:24
Mattisrudlå	-	28:57	-	79	11:29	79	11:29	-	1:37:35	-	82	38:53	82	38:53
Bjørndalsfjellet	-	16:42	-	82	7:10	82	7:10	-	1:54:17	-	82	46:03	82	46:03
Gramstadtjønna	-	26:28	-	79	13:17	79	13:17	-	2:20:45	-	81	59:20	81	59:20
Finish	-	2:31	-	79	0:59	79	0:59	13.00	2:23:16	-	83	1:00:09	83	1:00:09