



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Thomas Jørgensen

Club: Vatne LK
Number: 97

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:30:28

Speed: 5.18 km/h
Running performance: 11:35 min/km

Rank in course/Total: 112 (of 155)

Rank in course/Men: 83 (of 102)

Best time in course: 1:23:07

Rank in category: 84(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		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Fodgstadnuten	-	10:59	-	73	4:10	73	4:10	-	10:59	-	73	4:10	73	4:10	
Dalsnuten	-	18:01	-	83	6:55	83	6:55	-	29:00	-	81	11:05	81	11:05	
Øvre Eikenuten	-	16:39	-	84	7:28	84	7:28	-	45:39	-	78	18:33	78	18:33	
Gramstad mellor	-	10:16	-	85	4:34	85	4:34	-	55:55	-	82	23:07	82	23:07	
Kollirudla	-	13:22	-	89	4:56	89	4:56	-	1:09:17	-	85	28:03	85	28:03	
Mattisrudlå	-	31:53	-	85	14:25	85	14:25	-	1:41:10	-	86	42:28	86	42:28	
Bjørndalsfjellet	-	18:10	-	83	8:38	83	8:38	-	1:59:20	-	84	51:06	84	51:06	
Gramstadtjønna	-	28:28	-	87	15:17	87	15:17	-	2:27:48	-	83	1:06:23	83	1:06:23	
Finish	-	2:40	-	87	1:08	87	1:08	13.00	2:30:28	-	85	1:07:21	85	1:07:21	