



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Marcus Løwø Nåden

Number: 75

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:31:14

Speed: 5.16 km/h

Running performance: 11:38 min/km

Rank in course/Total: 114 (of 155)

Rank in course/Men: 84 (of 102)

Best time in course: 1:23:07

Rank in category: 85(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			min/km	Pos Men	Behind Men
Fodgstadnuten	-	12:05	-	91	5:16	91	5:16	-	12:05	-	91	5:16	91	5:16
Dalsnuten	-	19:02	-	89	7:56	89	7:56	-	31:07	-	89	13:12	89	13:12
Øvre Eikenuten	-	16:35	-	82	7:24	82	7:24	-	47:42	-	91	20:36	91	20:36
Gramstad mellor	-	10:44	-	90	5:02	90	5:02	-	58:26	-	89	25:38	89	25:38
Kollirudla	-	11:31	-	64	3:05	64	3:05	-	1:09:57	-	87	28:43	87	28:43
Mattisrudlå	-	31:58	-	86	14:30	86	14:30	-	1:41:55	-	87	43:13	87	43:13
Bjørndalsfjellet	-	19:33	-	90	10:01	90	10:01	-	2:01:28	-	87	53:14	87	53:14
Gramstadtjønna	-	27:36	-	86	14:25	86	14:25	-	2:29:04	-	86	1:07:39	86	1:07:39
Finish	-	2:10	-	57	0:38	57	0:38	13.00	2:31:14	-	86	1:08:07	86	1:08:07