



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Andreas Tjørhom

Club: New Chance
Number: 37

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: 115 (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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Fodgstadnuten	-	12:06	-	92	5:17	92	5:17	-	12:06	-	92	5:17	92	5:17
Dalsnuten	-	19:03	-	90	7:57	90	7:57	-	31:09	-	90	13:14	90	13:14
Øvre Eikenuten	-	16:41	-	85	7:30	85	7:30	-	47:50	-	92	20:44	92	20:44
Gramstad mellor	-	10:36	-	88	4:54	88	4:54	-	58:26	-	89	25:38	89	25:38
Kollirudla	-	11:29	-	62	3:03	62	3:03	-	1:09:55	-	86	28:41	86	28:41
Mattisrudlå	-	32:05	-	88	14:37	88	14:37	-	1:42:00	-	88	43:18	88	43:18
Bjørndalsfjellet	-	19:33	-	90	10:01	90	10:01	-	2:01:33	-	88	53:19	88	53:19
Gramstadtjønna	-	27:32	-	85	14:21	85	14:21	-	2:29:05	-	87	1:07:40	87	1:07:40
Finish	-	2:09	-	56	0:37	56	0:37	13.00	2:31:14	-	86	1:08:07	86	1:08:07