



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kjetil Øksnevad

Club: AkerBP
Number: 66

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:31:21

Speed: 5.15 km/h
Running performance: 11:39 min/km

Rank in course/Total: 116 (of 155)

Rank in course/Men: 86 (of 102)

Best time in course: 1:23:07

Rank in category: 87(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	-	12:14	-	93	5:25	93	5:25	-	12:14	-	93	5:25	93	5:25
Dalsnuten	-	20:12	-	92	9:06	92	9:06	-	32:26	-	92	14:31	92	14:31
Øvre Eikenuten	-	15:44	-	80	6:33	80	6:33	-	48:10	-	93	21:04	93	21:04
Gramstad mellor	-	10:25	-	86	4:43	86	4:43	-	58:35	-	92	25:47	92	25:47
Kollirudla	-	12:27	-	83	4:01	83	4:01	-	1:11:02	-	90	29:48	90	29:48
Mattisrudlå	-	32:00	-	87	14:32	87	14:32	-	1:43:02	-	89	44:20	89	44:20
Bjørndalsfjellet	-	18:18	-	84	8:46	84	8:46	-	2:01:20	-	86	53:06	86	53:06
Gramstadtjønna	-	27:25	-	83	14:14	83	14:14	-	2:28:45	-	84	1:07:20	84	1:07:20
Finish	-	2:36	-	84	1:04	84	1:04	13.00	2:31:21	-	88	1:08:14	88	1:08:14