



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Eirik Holder

Club: SUSBIL
Number: 9

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:31:46

Speed: 5.14 km/h
Running performance: 11:41 min/km

Rank in course/Total: 117 (of 155)

Rank in course/Men: 87 (of 102)

Best time in course: 1:23:07

Rank in category: 88(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	-	11:37	-	83	4:48	83	4:48	-	11:37	-	83	4:48	83	4:48
Dalsnuten	-	17:10	-	72	6:04	72	6:04	-	28:47	-	78	10:52	78	10:52
Øvre Eikenuten	-	18:03	-	92	8:52	92	8:52	-	46:50	-	89	19:44	89	19:44
Gramstad mellor	-	10:31	-	87	4:49	87	4:49	-	57:21	-	87	24:33	87	24:33
Kollirudla	-	12:53	-	86	4:27	86	4:27	-	1:10:14	-	88	29:00	88	29:00
Mattisrudlå	-	30:24	-	84	12:56	84	12:56	-	1:40:38	-	84	41:56	84	41:56
Bjørndalsfjellet	-	18:52	-	89	9:20	89	9:20	-	1:59:30	-	85	51:16	85	51:16
Gramstadtjønna	-	29:20	-	88	16:09	88	16:09	-	2:28:50	-	85	1:07:25	85	1:07:25
Finish	-	2:56	-	93	1:24	93	1:24	13.00	2:31:46	-	89	1:08:39	89	1:08:39