



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Einar Hebnes

Club: Hafrsfjord Tre
Number: 130

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:34:29

Speed: 5.05 km/h
Running performance: 11:53 min/km

Rank in course/Total: 118 (of 155)

Rank in course/Men: 88 (of 102)

Best time in course: 1:23:07

Rank in category: 89(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	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Fodgstadnuten	-	11:54	-	86	5:05	86	5:05	-	11:54	-	86	5:05	86	5:05	
Dalsnuten	-	18:25	-	85	7:19	85	7:19	-	30:19	-	87	12:24	87	12:24	
Øvre Eikenuten	-	16:34	-	81	7:23	81	7:23	-	46:53	-	90	19:47	90	19:47	
Gramstad mellor	-	11:32	-	92	5:50	92	5:50	-	58:25	-	88	25:37	88	25:37	
Kollirudla	-	12:25	-	82	3:59	82	3:59	-	1:10:50	-	89	29:36	89	29:36	
Mattisrudlå	-	32:19	-	89	14:51	89	14:51	-	1:43:09	-	90	44:27	90	44:27	
Bjørndalsfjellet	-	18:46	-	87	9:14	87	9:14	-	2:01:55	-	89	53:41	89	53:41	
Gramstadtjønna	-	30:09	-	90	16:58	90	16:58	-	2:32:04	-	88	1:10:39	88	1:10:39	
Finish	-	2:25	-	77	0:53	77	0:53	13.00	2:34:29	-	90	1:11:22	90	1:11:22	