



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Sven Erik Nordbø

Club: Leeds United  
Number: 113

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:35:53

Speed: 5.00 km/h  
Running performance: 12:00 min/km

Rank in course/Total: 119 (of 155)

Rank in course/Men: 89 (of 102)

Best time in course: 1:23:07

Rank in category: 90(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	-	9:55	-	53	3:06	53	3:06	-	9:55	-	53	3:06	53	3:06
Dalsnuten	-	18:29	-	86	7:23	86	7:23	-	28:24	-	75	10:29	75	10:29
Øvre Eikenuten	-	18:25	-	93	9:14	93	9:14	-	46:49	-	88	19:43	88	19:43
Gramstad mellor	-	11:37	-	93	5:55	93	5:55	-	58:26	-	89	25:38	89	25:38
Kollirudla	-	12:57	-	87	4:31	87	4:31	-	1:11:23	-	91	30:09	91	30:09
Mattisrudlå	-	32:49	-	92	15:21	92	15:21	-	1:44:12	-	91	45:30	91	45:30
Bjørndalsfjellet	-	18:51	-	88	9:19	88	9:19	-	2:03:03	-	90	54:49	90	54:49
Gramstadtjønna	-	30:27	-	91	17:16	91	17:16	-	2:33:30	-	89	1:12:05	89	1:12:05
Finish	-	2:23	-	73	0:51	73	0:51	13.00	2:35:53	-	91	1:12:46	91	1:12:46