



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Mathias Sæther

Number: 1

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:41:14

Speed: 4.84 km/h

Running performance: 12:25 min/km

Rank in course/Total: 120 (of 155)

Rank in course/Men: 90 (of 102)

Best time in course: 1:23:07

Rank in category: 91(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			Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time	Total min/km			Pos Men	Behind Men
Fodgstadnuten	-	12:41	-	95	5:52	95	5:52	-	12:41	-	95	5:52	95	5:52
Dalsnuten	-	21:19	-	95	10:13	95	10:13	-	34:00	-	95	16:05	95	16:05
Øvre Eikenuten	-	19:22	-	96	10:11	96	10:11	-	53:22	-	95	26:16	95	26:16
Gramstad mellor	-	11:03	-	91	5:21	91	5:21	-	1:04:25	-	95	31:37	95	31:37
Kollirudla	-	12:30	-	84	4:04	84	4:04	-	1:16:55	-	92	35:41	92	35:41
Mattisrudlå	-	32:41	-	90	15:13	90	15:13	-	1:49:36	-	92	50:54	92	50:54
Bjørndalsfjellet	-	18:45	-	86	9:13	86	9:13	-	2:08:21	-	92	1:00:07	92	1:00:07
Gramstadtjønna	-	30:39	-	92	17:28	92	17:28	-	2:39:00	-	90	1:17:35	90	1:17:35
Finish	-	2:14	-	61	0:42	61	0:42	13.00	2:41:14	-	92	1:18:07	92	1:18:07