



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Amro Abdelfatah

Number: 118

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:45:14

Speed: 4.72 km/h

Running performance: 12:43 min/km

Rank in course/Total: 123 (of 155)

Rank in course/Men: 91 (of 102)

Best time in course: 1:23:07

Rank in category: 92(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	-	9:47	-	47	2:58	47	2:58	-	9:47	-	47	2:58	47	2:58
Dalsnuten	-	16:28	-	60	5:22	60	5:22	-	26:15	-	56	8:20	56	8:20
Øvre Eikenuten	-	20:23	-	99	11:12	99	11:12	-	46:38	-	87	19:32	87	19:32
Gramstad mellor	-	9:37	-	79	3:55	79	3:55	-	56:15	-	85	23:27	85	23:27
Kollirudla	-	11:56	-	73	3:30	73	3:30	-	1:08:11	-	81	26:57	81	26:57
Mattisrudlå	-	32:48	-	91	15:20	91	15:20	-	1:40:59	-	85	42:17	85	42:17
Bjørndalsfjellet	-	22:35	-	94	13:03	94	13:03	-	2:03:34	-	91	55:20	91	55:20
Gramstadtjønna	-	37:46	-	97	24:35	97	24:35	-	2:41:20	-	91	1:19:55	91	1:19:55
Finish	-	3:54	-	97	2:22	97	2:22	13.00	2:45:14	-	93	1:22:07	93	1:22:07