



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Henrik A Rosså

Club: Team Rosså
Number: 155

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:50:40

Speed: 4.57 km/h
Running performance: 13:08 min/km

Rank in course/Total: 124 (of 155)

Rank in course/Men: 92 (of 102)

Best time in course: 1:23:07

Rank in category: 93(of 102)

Best time in the category: 1:23:07

Control	Intermediate times				Stage score				Total ranking					
	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	-	13:02	-	96	6:13	96	6:13	-	13:02	-	96	6:13	96	6:13
Dalsnuten	-	22:55	-	97	11:49	97	11:49	-	35:57	-	96	18:02	96	18:02
Øvre Eikenuten	-	19:09	-	95	9:58	95	9:58	-	55:06	-	96	28:00	96	28:00
Gramstad mellor	-	12:17	-	95	6:35	95	6:35	-	1:07:23	-	96	34:35	96	34:35
Kollirudla	-	14:21	-	94	5:55	94	5:55	-	1:21:44	-	93	40:30	93	40:30
Mattisrudlå	-	36:10	-	94	18:42	94	18:42	-	1:57:54	-	93	59:12	93	59:12
Bjørndalsfjellet	-	21:26	-	93	11:54	93	11:54	-	2:19:20	-	94	1:11:06	94	1:11:06
Gramstadtjønna	-	27:30	-	84	14:19	84	14:19	-	2:46:50	-	92	1:25:25	92	1:25:25
Finish	-	3:50	-	96	2:18	96	2:18	13.00	2:50:40	-	94	1:27:33	94	1:27:33