



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Bjørn Tore Solheim

Number: 189

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 2:53:40

Speed: 4.49 km/h

Running performance: 13:22 min/km

Rank in course/Total: 129 (of 155)

Rank in course/Men: 93 (of 102)

Best time in course: 1:23:07

Rank in category: 94(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 | - | 14:04 | - | 98 | 7:15 | 98 | 7:15 | - | 14:04 | - | 98 | 7:15 | 98 | 7:15 |
| Dalsnuten | - | 22:38 | - | 96 | 11:32 | 96 | 11:32 | - | 36:42 | - | 97 | 18:47 | 97 | 18:47 |
| Øvre Eikenuten | - | 18:59 | - | 94 | 9:48 | 94 | 9:48 | - | 55:41 | - | 97 | 28:35 | 97 | 28:35 |
| Gramstad mellor | - | 12:25 | - | 96 | 6:43 | 96 | 6:43 | - | 1:08:06 | - | 97 | 35:18 | 97 | 35:18 |
| Kollirudla | - | 14:16 | - | 92 | 5:50 | 92 | 5:50 | - | 1:22:22 | - | 94 | 41:08 | 94 | 41:08 |
| Mattisrudlå | - | 36:04 | - | 93 | 18:36 | 93 | 18:36 | - | 1:58:26 | - | 94 | 59:44 | 94 | 59:44 |
| Bjørndalsfjellet | - | 18:26 | - | 85 | 8:54 | 85 | 8:54 | - | 2:16:52 | - | 93 | 1:08:38 | 93 | 1:08:38 |
| Gramstadtjønna | - | 33:51 | - | 94 | 20:40 | 94 | 20:40 | - | 2:50:43 | - | 93 | 1:29:18 | 93 | 1:29:18 |
| Finish | - | 2:57 | - | 94 | 1:25 | 94 | 1:25 | 13.00 | 2:53:40 | - | 95 | 1:30:33 | 95 | 1:30:33 |