



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

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	-	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