



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Ingvar Ørjan Omdal

Number: 83

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 3:00:29

Speed: 4.32 km/h

Running performance: 13:53 min/km

Rank in course/Total: 131 (of 155)

Rank in course/Men: 94 (of 102)

Best time in course: 1:23:07

Rank in category: 95(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	km	Time			min/km	Pos Men	Behind Men
Fodgstadnuten	-	11:57	-	88	5:08	88	5:08	-	11:57	-	88	5:08	88	5:08
Dalsnuten	-	20:37	-	93	9:31	93	9:31	-	32:34	-	93	14:39	93	14:39
Øvre Eikenuten	-	17:36	-	91	8:25	91	8:25	-	50:10	-	94	23:04	94	23:04
Gramstad mellor	-	13:35	-	99	7:53	99	7:53	-	1:03:45	-	93	30:57	93	30:57
Kollirudla	-	19:47	-	99	11:21	99	11:21	-	1:23:32	-	95	42:18	95	42:18
Mattisrudlå	-	39:53	-	98	22:25	98	22:25	-	2:03:25	-	97	1:04:43	97	1:04:43
Bjørndalsfjellet	-	23:38	-	98	14:06	98	14:06	-	2:27:03	-	97	1:18:49	97	1:18:49
Gramstadtjønna	-	29:25	-	89	16:14	89	16:14	-	2:56:28	-	94	1:35:03	94	1:35:03
Finish	-	4:01	-	98	2:29	98	2:29	13.00	3:00:29	-	96	1:37:22	96	1:37:22