



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Magne Iversen

Number: 192

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 3:03:33

Speed: 4.25 km/h

Running performance: 14:08 min/km

Rank in course/Total: 133 (of 155)

Rank in course/Men: 96 (of 102)

Best time in course: 1:23:07

Rank in category: 97(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Fodgstadnuten	-	14:50	-	99	8:01	99	8:01	-	14:50	-	99	8:01	99	8:01
Dalsnuten	-	24:27	-	99	13:21	99	13:21	-	39:17	-	99	21:22	99	21:22
Øvre Eikenuten	-	20:20	-	98	11:09	98	11:09	-	59:37	-	100	32:31	100	32:31
Gramstad mellor	-	12:36	-	97	6:54	97	6:54	-	1:12:13	-	99	39:25	99	39:25
Kollirudla	-	14:20	-	93	5:54	93	5:54	-	1:26:33	-	97	45:19	97	45:19
Mattisrudlå	-	36:17	-	95	18:49	95	18:49	-	2:02:50	-	95	1:04:08	95	1:04:08
Bjørndalsfjellet	-	22:47	-	95	13:15	95	13:15	-	2:25:37	-	95	1:17:23	95	1:17:23
Gramstadtjønna	-	35:08	-	96	21:57	96	21:57	-	3:00:45	-	96	1:39:20	96	1:39:20
Finish	-	2:48	-	90	1:16	90	1:16	13.00	3:03:33	-	98	1:40:26	98	1:40:26