



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Matthew Goodman

Number: 160

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 3:04:09

Speed: 4.24 km/h  
Running performance: 14:10 min/km

Rank in course/Total: 134 (of 155)

Rank in course/Men: 97 (of 102)

Best time in course: 1:23:07

Rank in category: 98(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	-	13:56	-	97	7:07	97	7:07	-	13:56	-	97	7:07	97	7:07
Dalsnuten	-	23:46	-	98	12:40	98	12:40	-	37:42	-	98	19:47	98	19:47
Øvre Eikenuten	-	21:30	-	100	12:19	100	12:19	-	59:12	-	98	32:06	98	32:06
Gramstad mellor	-	11:49	-	94	6:07	94	6:07	-	1:11:01	-	98	38:13	98	38:13
Kollirudla	-	16:09	-	97	7:43	97	7:43	-	1:27:10	-	99	45:56	99	45:56
Mattisrudlå	-	37:54	-	97	20:26	97	20:26	-	2:05:04	-	98	1:06:22	98	1:06:22
Bjørndalsfjellet	-	22:48	-	96	13:16	96	13:16	-	2:27:52	-	98	1:19:38	98	1:19:38
Gramstadtjønna	-	33:23	-	93	20:12	93	20:12	-	3:01:15	-	97	1:39:50	97	1:39:50
Finish	-	2:54	-	92	1:22	92	1:22	13.00	3:04:09	-	99	1:41:02	99	1:41:02