



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Marit Ravndal

Number: 28

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:09:47

Speed: 6.01 km/h
Running performance: 9:59 min/km

Rank in course/Total: 86 (of 155)

Rank in course/Women: 17 (of 53)

Best time in course: 1:45:20

Rank in category: 17(of 53)

Best time in the category: 1:45:20

Control	Intermediate times			Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	10:47	-	17	2:13	17	2:13	-	10:47	-	17	2:13	17	2:13
Dalsnuten	-	16:54	-	14	2:47	14	2:47	-	27:41	-	15	5:00	15	5:00
Øvre Eikenuten	-	13:12	-	14	2:33	14	2:33	-	40:53	-	16	6:59	16	6:59
Gramstad mellor	-	8:58	-	17	1:45	17	1:45	-	49:51	-	17	8:14	17	8:14
Kollirudla	-	11:23	-	10	1:28	10	1:28	-	1:01:14	-	17	9:19	17	9:19
Mattisrudlå	-	26:54	-	17	5:18	17	5:18	-	1:28:08	-	17	14:11	17	14:11
Bjørndalsfjellet	-	14:56	-	18	3:28	18	3:28	-	1:43:04	-	17	17:39	17	17:39
Gramstadtjønna	-	24:38	-	22	6:49	22	6:49	-	2:07:42	-	17	24:08	17	24:08
Finish	-	2:05	-	9	0:19	9	0:19	13.00	2:09:47	-	18	24:27	18	24:27