



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Liv Margunn Høines

Club: Undheim IL  
Number: 26

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 2:11:42

Speed: 5.92 km/h  
Running performance: 10:08 min/km

Rank in course/Total: 87 (of 155)

Rank in course/Women: 18 (of 53)

Best time in course: 1:45:20

Rank in category: 18(of 53)

Best time in the category: 1:45:20

Intermediate times				Stage score				Total ranking						
Control	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	-	11:07	-	18	2:33	18	2:33	-	11:07	-	18	2:33	18	2:33
Dalsnuten	-	17:16	-	17	3:09	17	3:09	-	28:23	-	16	5:42	16	5:42
Øvre Eikenuten	-	17:54	-	32	7:15	32	7:15	-	46:17	-	30	12:23	30	12:23
Gramstad mellor	-	9:19	-	20	2:06	20	2:06	-	55:36	-	26	13:59	26	13:59
Kollirudla	-	11:40	-	17	1:45	17	1:45	-	1:07:16	-	23	15:21	23	15:21
Mattisrudlå	-	26:32	-	15	4:56	15	4:56	-	1:33:48	-	19	19:51	19	19:51
Bjørndalsfjellet	-	14:07	-	15	2:39	15	2:39	-	1:47:55	-	19	22:30	19	22:30
Gramstadtjønna	-	21:43	-	15	3:54	15	3:54	-	2:09:38	-	18	26:04	18	26:04
Finish	-	2:04	-	8	0:18	8	0:18	13.00	2:11:42	-	19	26:22	19	26:22