



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Linnéa Valhovd Hove

Club: Stavanger skiklubb  
Number: 99

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 1:45:22

Speed: 7.40 km/h  
Running performance: 8:07 min/km

Rank in course/Total: 30 (of 155)

Rank in course/Women: 2 (of 53)

Best time in course: 1:45:20

Rank in category: 2(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	-	9:20	-	4	0:46	4	0:46	-	9:20	-	4	0:46	4	0:46
Dalsnuten	-	14:51	-	2	0:44	2	0:44	-	24:11	-	4	1:30	4	1:30
Øvre Eikenuten	-	10:42	-	3	0:03	3	0:03	-	34:53	-	4	0:59	4	0:59
Gramstad mellor	-	7:13	-	1	-	1	-	-	42:06	-	3	0:29	3	0:29
Kollirudla	-	10:15	-	2	0:20	2	0:20	-	52:21	-	3	0:26	3	0:26
Mattisrudlå	-	21:36	-	1	-	1	-	-	1:13:57	-	1	-	1	-
Bjørndalsfjellet	-	11:28	-	1	-	1	-	-	1:25:25	-	1	-	1	-
Gramstadtjønna	-	18:09	-	4	0:20	4	0:20	-	1:43:34	-	1	-	1	-
Finish	-	1:48	-	2	0:02	2	0:02	13.00	1:45:22	-	2	0:02	2	0:02