



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kristin Bakke

Club: Sandnes IL
Number: 114

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:17:51

Speed: 5.66 km/h
Running performance: 10:37 min/km

Rank in course/Total: 97 (of 155)

Rank in course/Women: 20 (of 53)

Best time in course: 1:45:20

Rank in category: 20(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	-	11:37	-	25	3:03	25	3:03	-	11:37	-	25	3:03	25	3:03
Dalsnuten	-	17:53	-	21	3:46	21	3:46	-	29:30	-	22	6:49	22	6:49
Øvre Eikenuten	-	16:18	-	29	5:39	29	5:39	-	45:48	-	24	11:54	24	11:54
Gramstad mellor	-	9:18	-	19	2:05	19	2:05	-	55:06	-	22	13:29	22	13:29
Kollirudla	-	12:06	-	21	2:11	21	2:11	-	1:07:12	-	22	15:17	22	15:17
Mattisrudlå	-	28:26	-	26	6:50	26	6:50	-	1:35:38	-	21	21:41	21	21:41
Bjørndalsfjellet	-	15:19	-	21	3:51	21	3:51	-	1:50:57	-	21	25:32	21	25:32
Gramstadtjønna	-	24:51	-	23	7:02	23	7:02	-	2:15:48	-	20	32:14	20	32:14
Finish	-	2:03	-	6	0:17	6	0:17	13.00	2:17:51	-	21	32:31	21	32:31