



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Ingvild Espedal Walskaar

Number: 35

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:17:59

Speed: 5.65 km/h
Running performance: 10:37 min/km

Rank in course/Total: 98 (of 155)

Rank in course/Women: 21 (of 53)

Best time in course: 1:45:20

Rank in category: 21(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	-	12:01	-	30	3:27	30	3:27	-	12:01	-	30	3:27	30	3:27
Dalsnuten	-	18:25	-	24	4:18	24	4:18	-	30:26	-	24	7:45	24	7:45
Øvre Eikenuten	-	15:38	-	26	4:59	26	4:59	-	46:04	-	28	12:10	28	12:10
Gramstad mellor	-	9:27	-	21	2:14	21	2:14	-	55:31	-	24	13:54	24	13:54
Kollirudla	-	12:19	-	26	2:24	26	2:24	-	1:07:50	-	25	15:55	25	15:55
Mattisrudlå	-	28:11	-	25	6:35	25	6:35	-	1:36:01	-	23	22:04	23	22:04
Bjørndalsfjellet	-	15:39	-	25	4:11	25	4:11	-	1:51:40	-	24	26:15	24	26:15
Gramstadtjønna	-	24:12	-	19	6:23	19	6:23	-	2:15:52	-	21	32:18	21	32:18
Finish	-	2:07	-	14	0:21	14	0:21	13.00	2:17:59	-	22	32:39	22	32:39