



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Bettina Bruvik

Number: 20

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:20:03

Speed: 5.57 km/h
Running performance: 10:47 min/km

Rank in course/Total: 99 (of 155)

Rank in course/Women: 22 (of 53)

Best time in course: 1:45:20

Rank in category: 22(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	-	12:23	-	34	3:49	34	3:49	-	12:23	-	34	3:49	34	3:49
Dalsnuten	-	20:00	-	31	5:53	31	5:53	-	32:23	-	31	9:42	31	9:42
Øvre Eikenuten	-	15:52	-	27	5:13	27	5:13	-	48:15	-	32	14:21	32	14:21
Gramstad mellor	-	10:07	-	28	2:54	28	2:54	-	58:22	-	32	16:45	32	16:45
Kollirudla	-	11:44	-	19	1:49	19	1:49	-	1:10:06	-	31	18:11	31	18:11
Mattisrudlå	-	28:02	-	23	6:26	23	6:26	-	1:38:08	-	30	24:11	30	24:11
Bjørndalsfjellet	-	15:17	-	20	3:49	20	3:49	-	1:53:25	-	26	28:00	26	28:00
Gramstadtjønna	-	24:18	-	20	6:29	20	6:29	-	2:17:43	-	22	34:09	22	34:09
Finish	-	2:20	-	24	0:34	24	0:34	13.00	2:20:03	-	24	34:43	24	34:43