



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Tone Lise Stokkeland

Club: Austrått Passion 4 Running
Number: 102

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:20:24

Speed: 5.56 km/h
Running performance: 10:48 min/km

Rank in course/Total: 100 (of 155)

Rank in course/Women: 23 (of 53)

Best time in course: 1:45:20

Rank in category: 23(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	-	11:43	-	27	3:09	27	3:09	-	11:43	-	27	3:09	27	3:09
Dalsnuten	-	19:04	-	26	4:57	26	4:57	-	30:47	-	26	8:06	26	8:06
Øvre Eikenuten	-	13:55	-	19	3:16	19	3:16	-	44:42	-	19	10:48	19	10:48
Gramstad mellor	-	9:55	-	26	2:42	26	2:42	-	54:37	-	19	13:00	19	13:00
Kollirudla	-	11:40	-	17	1:45	17	1:45	-	1:06:17	-	19	14:22	19	14:22
Mattisrudlå	-	30:08	-	28	8:32	28	8:32	-	1:36:25	-	25	22:28	25	22:28
Bjørndalsfjellet	-	16:27	-	26	4:59	26	4:59	-	1:52:52	-	25	27:27	25	27:27
Gramstadtjønna	-	25:17	-	25	7:28	25	7:28	-	2:18:09	-	23	34:35	23	34:35
Finish	-	2:15	-	21	0:29	21	0:29	13.00	2:20:24	-	25	35:04	25	35:04