



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Caroline Bigou

Club: STRIK  
Number: 19

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 2:21:33

Speed: 5.51 km/h  
Running performance: 10:54 min/km

Rank in course/Total: 105 (of 155)

Rank in course/Women: 25 (of 53)

Best time in course: 1:45:20

Rank in category: 25(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	-	10:46	-	16	2:12	16	2:12	-	10:46	-	16	2:12	16	2:12
Dalsnuten	-	19:57	-	30	5:50	30	5:50	-	30:43	-	25	8:02	25	8:02
Øvre Eikenuten	-	14:41	-	23	4:02	23	4:02	-	45:24	-	23	11:30	23	11:30
Gramstad mellor	-	10:42	-	32	3:29	32	3:29	-	56:06	-	29	14:29	29	14:29
Kollirudla	-	12:22	-	27	2:27	27	2:27	-	1:08:28	-	27	16:33	27	16:33
Mattisrudlå	-	28:02	-	23	6:26	23	6:26	-	1:36:30	-	26	22:33	26	22:33
Bjørndalsfjellet	-	17:05	-	30	5:37	30	5:37	-	1:53:35	-	27	28:10	27	28:10
Gramstadtjønna	-	25:53	-	26	8:04	26	8:04	-	2:19:28	-	25	35:54	25	35:54
Finish	-	2:05	-	9	0:19	9	0:19	13.00	2:21:33	-	27	36:13	27	36:13