



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Marianne Helland

Number: 144

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:26:23

Speed: 5.33 km/h

Running performance: 11:16 min/km

Rank in course/Total: 110 (of 155)

Rank in course/Women: 28 (of 53)

Best time in course: 1:45:20

Rank in category: 28(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	-	12:08	-	32	3:34	32	3:34	-	12:08	-	32	3:34	32	3:34
Dalsnuten	-	19:08	-	27	5:01	27	5:01	-	31:16	-	29	8:35	29	8:35
Øvre Eikenuten	-	13:44	-	18	3:05	18	3:05	-	45:00	-	20	11:06	20	11:06
Gramstad mellor	-	10:09	-	29	2:56	29	2:56	-	55:09	-	23	13:32	23	13:32
Kollirudla	-	13:09	-	32	3:14	32	3:14	-	1:08:18	-	26	16:23	26	16:23
Mattisrudlå	-	32:43	-	33	11:07	33	11:07	-	1:41:01	-	31	27:04	31	27:04
Bjørndalsfjellet	-	17:38	-	31	6:10	31	6:10	-	1:58:39	-	31	33:14	31	33:14
Gramstadtjønna	-	25:11	-	24	7:22	24	7:22	-	2:23:50	-	28	40:16	28	40:16
Finish	-	2:33	-	28	0:47	28	0:47	13.00	2:26:23	-	31	41:03	31	41:03