



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Caroline Ellingsen

Club: Ålgårds Auto AS
Number: 57

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:27:41

Speed: 5.28 km/h
Running performance: 11:22 min/km

Rank in course/Total: 111 (of 155)

Rank in course/Women: 29 (of 53)

Best time in course: 1:45:20

Rank in category: 29(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	-	11:41	-	26	3:07	26	3:07	-	11:41	-	26	3:07	26	3:07
Dalsnuten	-	18:05	-	22	3:58	22	3:58	-	29:46	-	23	7:05	23	7:05
Øvre Eikenuten	-	16:09	-	28	5:30	28	5:30	-	45:55	-	26	12:01	26	12:01
Gramstad mellor	-	8:56	-	16	1:43	16	1:43	-	54:51	-	21	13:14	21	13:14
Kollirudla	-	12:10	-	25	2:15	25	2:15	-	1:07:01	-	21	15:06	21	15:06
Mattisrudlå	-	31:01	-	30	9:25	30	9:25	-	1:38:02	-	29	24:05	29	24:05
Bjørndalsfjellet	-	17:04	-	29	5:36	29	5:36	-	1:55:06	-	30	29:41	30	29:41
Gramstadtjønna	-	30:05	-	34	12:16	34	12:16	-	2:25:11	-	29	41:37	29	41:37
Finish	-	2:30	-	26	0:44	26	0:44	13.00	2:27:41	-	32	42:21	32	42:21