



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Hilde Skretting

Club: Gjesdal BIL
Number: 34

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 1:48:06

Speed: 7.22 km/h
Running performance: 8:19 min/km

Rank in course/Total: 35 (of 155)

Rank in course/Women: 3 (of 53)

Best time in course: 1:45:20

Rank in category: 3(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	-	8:34	-	1	-	1	-	-	8:34	-	1	-	1	-	
Dalsnuten	-	14:07	-	1	-	1	-	-	22:41	-	1	-	1	-	
Øvre Eikenuten	-	11:13	-	6	0:34	6	0:34	-	33:54	-	1	-	1	-	
Gramstad mellor	-	7:43	-	5	0:30	5	0:30	-	41:37	-	1	-	1	-	
Kollirudla	-	10:18	-	3	0:23	3	0:23	-	51:55	-	1	-	1	-	
Mattisrudlå	-	23:32	-	3	1:56	3	1:56	-	1:15:27	-	3	1:30	3	1:30	
Bjørndalsfjellet	-	12:22	-	4	0:54	4	0:54	-	1:27:49	-	3	2:24	3	2:24	
Gramstadtjønna	-	18:07	-	3	0:18	3	0:18	-	1:45:56	-	3	2:22	3	2:22	
Finish	-	2:10	-	16	0:24	16	0:24	13.00	1:48:06	-	3	2:46	3	2:46	