



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Ina Bergene

Number: 191

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:31:05

Speed: 5.16 km/h

Running performance: 11:38 min/km

Rank in course/Total: 113 (of 155)

Rank in course/Women: 30 (of 53)

Best time in course: 1:45:20

Rank in category: 30(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	-	11:53	-	29	3:19	29	3:19	-	11:53	-	29	3:19	29	3:19
Dalsnuten	-	20:39	-	32	6:32	32	6:32	-	32:32	-	32	9:51	32	9:51
Øvre Eikenuten	-	15:36	-	25	4:57	25	4:57	-	48:08	-	31	14:14	31	14:14
Gramstad mellor	-	10:03	-	27	2:50	27	2:50	-	58:11	-	31	16:34	31	16:34
Kollirudla	-	12:33	-	29	2:38	29	2:38	-	1:10:44	-	32	18:49	32	18:49
Mattisrudlå	-	32:09	-	31	10:33	31	10:33	-	1:42:53	-	32	28:56	32	28:56
Bjørndalsfjellet	-	18:06	-	32	6:38	32	6:38	-	2:00:59	-	32	35:34	32	35:34
Gramstadtjønna	-	27:26	-	30	9:37	30	9:37	-	2:28:25	-	30	44:51	30	44:51
Finish	-	2:40	-	30	0:54	30	0:54	13.00	2:31:05	-	33	45:45	33	45:45