



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Unni Petra Vassbø

Club: NCC Bil
Number: 148

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:41:46

Speed: 4.82 km/h
Running performance: 12:27 min/km

Rank in course/Total: 121 (of 155)

Rank in course/Women: 31 (of 53)

Best time in course: 1:45:20

Rank in category: 31(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	-	13:34	-	42	5:00	42	5:00	-	13:34	-	42	5:00	42	5:00
Dalsnuten	-	20:50	-	33	6:43	33	6:43	-	34:24	-	36	11:43	36	11:43
Øvre Eikenuten	-	18:45	-	34	8:06	34	8:06	-	53:09	-	33	19:15	33	19:15
Gramstad mellor	-	11:02	-	33	3:49	33	3:49	-	1:04:11	-	33	22:34	33	22:34
Kollirudla	-	13:10	-	33	3:15	33	3:15	-	1:17:21	-	33	25:26	33	25:26
Mattisrudlå	-	32:22	-	32	10:46	32	10:46	-	1:49:43	-	33	35:46	33	35:46
Bjørndalsfjellet	-	18:21	-	33	6:53	33	6:53	-	2:08:04	-	33	42:39	33	42:39
Gramstadtjønna	-	30:58	-	35	13:09	35	13:09	-	2:39:02	-	31	55:28	31	55:28
Finish	-	2:44	-	31	0:58	31	0:58	13.00	2:41:46	-	34	56:26	34	56:26