



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Tonje Dahl

Club: Team trappetrolla
Number: 100

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:43:54

Speed: 4.76 km/h
Running performance: 12:37 min/km

Rank in course/Total: 122 (of 155)

Rank in course/Women: 32 (of 53)

Best time in course: 1:45:20

Rank in category: 32(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	-	13:18	-	41	4:44	41	4:44	-	13:18	-	41	4:44	41	4:44
Dalsnuten	-	21:36	-	37	7:29	37	7:29	-	34:54	-	38	12:13	38	12:13
Øvre Eikenuten	-	18:31	-	33	7:52	33	7:52	-	53:25	-	35	19:31	35	19:31
Gramstad mellor	-	11:07	-	34	3:54	34	3:54	-	1:04:32	-	34	22:55	34	22:55
Kollirudla	-	14:04	-	34	4:09	34	4:09	-	1:18:36	-	34	26:41	34	26:41
Mattisrudlå	-	34:17	-	34	12:41	34	12:41	-	1:52:53	-	34	38:56	34	38:56
Bjørndalsfjellet	-	19:04	-	35	7:36	35	7:36	-	2:11:57	-	34	46:32	34	46:32
Gramstadtjønna	-	29:19	-	33	11:30	33	11:30	-	2:41:16	-	32	57:42	32	57:42
Finish	-	2:38	-	29	0:52	29	0:52	13.00	2:43:54	-	35	58:34	35	58:34