



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Nur Aini Kristoffersen

Club: SIS SPORTSSENTER

Number: 30

Course: 13.00 km

7nutsløpet

Category:

Kvinne

Total time: 2:50:45

Speed: 4.57 km/h

Running performance: 13:09 min/km

Rank in course/Total: 126 (of 155)

Rank in course/Women: 34 (of 53)

Best time in course: 1:45:20

Rank in category: 34(of 53)

Best time in the category: 1:45:20

Intermediate times

Stage score

Total ranking

| Control          | Split km | Split Time | Split min/km | Stage score |             |           |              | Total ranking |            |              |          |             |           |              |
|------------------|----------|------------|--------------|-------------|-------------|-----------|--------------|---------------|------------|--------------|----------|-------------|-----------|--------------|
|                  |          |            |              | Pos Cat.    | Behind Cat. | Pos Women | Behind Women | Total km      | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Women | Behind Women |
| Fodgstadnuten    | -        | 11:09      | -            | 19          | 2:35        | 19        | 2:35         | -             | 11:09      | -            | 19       | 2:35        | 19        | 2:35         |
| Dalsnuten        | -        | 23:21      | -            | 41          | 9:14        | 41        | 9:14         | -             | 34:30      | -            | 37       | 11:49       | 37        | 11:49        |
| Øvre Eikenuten   | -        | 20:29      | -            | 42          | 9:50        | 42        | 9:50         | -             | 54:59      | -            | 38       | 21:05       | 38        | 21:05        |
| Gramstad mellor  | -        | 13:18      | -            | 45          | 6:05        | 45        | 6:05         | -             | 1:08:17    | -            | 41       | 26:40       | 41        | 26:40        |
| Kollirudla       | -        | 14:57      | -            | 38          | 5:02        | 38        | 5:02         | -             | 1:23:14    | -            | 39       | 31:19       | 39        | 31:19        |
| Mattisrudlå      | -        | 37:56      | -            | 42          | 16:20       | 42        | 16:20        | -             | 2:01:10    | -            | 39       | 47:13       | 39        | 47:13        |
| Bjørndalsfjellet | -        | 21:18      | -            | 41          | 9:50        | 41        | 9:50         | -             | 2:22:28    | -            | 39       | 57:03       | 39        | 57:03        |
| Gramstadtjønna   | -        | 24:22      | -            | 21          | 6:33        | 21        | 6:33         | -             | 2:46:50    | -            | 33       | 1:03:16     | 33        | 1:03:16      |
| Finish           | -        | 3:55       | -            | 48          | 2:09        | 48        | 2:09         | 13.00         | 2:50:45    | -            | 37       | 1:05:25     | 37        | 1:05:25      |