



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Diana Hovland

Number: 190

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 2:53:40

Speed: 4.49 km/h
Running performance: 13:22 min/km

Rank in course/Total: 128 (of 155)

Rank in course/Women: 36 (of 53)

Best time in course: 1:45:20

Rank in category: 36(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	-	14:04	-	48	5:30	48	5:30	-	14:04	-	48	5:30	48	5:30
Dalsnuten	-	21:43	-	38	7:36	38	7:36	-	35:47	-	39	13:06	39	13:06
Øvre Eikenuten	-	20:04	-	38	9:25	38	9:25	-	55:51	-	41	21:57	41	21:57
Gramstad mellor	-	12:15	-	42	5:02	42	5:02	-	1:08:06	-	40	26:29	40	26:29
Kollirudla	-	14:27	-	35	4:32	35	4:32	-	1:22:33	-	38	30:38	38	30:38
Mattisrudlå	-	35:57	-	35	14:21	35	14:21	-	1:58:30	-	38	44:33	38	44:33
Bjørndalsfjellet	-	18:25	-	34	6:57	34	6:57	-	2:16:55	-	35	51:30	35	51:30
Gramstadtjønna	-	33:46	-	38	15:57	38	15:57	-	2:50:41	-	36	1:07:07	36	1:07:07
Finish	-	2:59	-	40	1:13	40	1:13	13.00	2:53:40	-	39	1:08:20	39	1:08:20