



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Monica Førland

Club: Godeset skole  
Number: 179

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 2:54:43

Speed: 4.46 km/h  
Running performance: 13:27 min/km

Rank in course/Total: 130 (of 155)

Rank in course/Women: 37 (of 53)

Best time in course: 1:45:20

Rank in category: 37(of 53)

Best time in the category: 1:45:20

Intermediate times				Stage score				Total ranking						
Control	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	-	13:59	-	46	5:25	46	5:25	-	13:59	-	46	5:25	46	5:25
Dalsnuten	-	22:05	-	39	7:58	39	7:58	-	36:04	-	41	13:23	41	13:23
Øvre Eikenuten	-	19:10	-	35	8:31	35	8:31	-	55:14	-	40	21:20	40	21:20
Gramstad mellor	-	11:47	-	36	4:34	36	4:34	-	1:07:01	-	38	25:24	38	25:24
Kollirudla	-	14:35	-	37	4:40	37	4:40	-	1:21:36	-	36	29:41	36	29:41
Mattisrudlå	-	35:59	-	36	14:23	36	14:23	-	1:57:35	-	35	43:38	35	43:38
Bjørndalsfjellet	-	19:46	-	36	8:18	36	8:18	-	2:17:21	-	36	51:56	36	51:56
Gramstadtjønna	-	34:34	-	39	16:45	39	16:45	-	2:51:55	-	37	1:08:21	37	1:08:21
Finish	-	2:48	-	35	1:02	35	1:02	13.00	2:54:43	-	40	1:09:23	40	1:09:23