



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Hanne Haavardsholm Kleppa

Total time: 3:04:27

Number: 88

Speed: 4.23 km/h

Running performance: 14:12 min/km

Course: 13.00 km

Rank in course/Total: 136 (of 155)

7nutsløpet

Rank in course/Women: 39 (of 53)

Best time in course: 1:45:20

Category:

Rank in category: 39(of 53)

Kvinne

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	-	13:55	-	45	5:21	45	5:21	-	13:55	-	45	5:21	45	5:21
Dalsnuten	-	23:59	-	43	9:52	43	9:52	-	37:54	-	44	15:13	44	15:13
Øvre Eikenuten	-	20:31	-	43	9:52	43	9:52	-	58:25	-	43	24:31	43	24:31
Gramstad mellor	-	12:13	-	40	5:00	40	5:00	-	1:10:38	-	42	29:01	42	29:01
Kollirudla	-	15:49	-	40	5:54	40	5:54	-	1:26:27	-	40	34:32	40	34:32
Mattisrudlå	-	38:57	-	44	17:21	44	17:21	-	2:05:24	-	41	51:27	41	51:27
Bjørndalsfjellet	-	23:29	-	43	12:01	43	12:01	-	2:28:53	-	41	1:03:28	41	1:03:28
Gramstadtjønna	-	32:21	-	36	14:32	36	14:32	-	3:01:14	-	39	1:17:40	39	1:17:40
Finish	-	3:13	-	44	1:27	44	1:27	13.00	3:04:27	-	42	1:19:07	42	1:19:07