



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Eva Gierlich

Club: Stavanger Hash House Harriers
Number: 133

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 3:18:01

Speed: 3.94 km/h
Running performance: 15:14 min/km

Rank in course/Total: 137 (of 155)

Rank in course/Women: 40 (of 53)

Best time in course: 1:45:20

Rank in category: 40(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	-	13:17	-	40	4:43	40	4:43	-	13:17	-	40	4:43	40	4:43
Dalsnuten	-	24:45	-	46	10:38	46	10:38	-	38:02	-	45	15:21	45	15:21
Øvre Eikenuten	-	22:53	-	47	12:14	47	12:14	-	1:00:55	-	47	27:01	47	27:01
Gramstad mellor	-	14:27	-	47	7:14	47	7:14	-	1:15:22	-	47	33:45	47	33:45
Kollirudla	-	23:15	-	48	13:20	48	13:20	-	1:38:37	-	45	46:42	45	46:42
Mattisrudlå	-	36:15	-	38	14:39	38	14:39	-	2:14:52	-	44	1:00:55	44	1:00:55
Bjørndalsfjellet	-	22:42	-	42	11:14	42	11:14	-	2:37:34	-	47	1:12:09	47	1:12:09
Gramstadtjønna	-	38:13	-	43	20:24	43	20:24	-	3:15:47	-	45	1:32:13	45	1:32:13
Finish	-	2:14	-	19	0:28	19	0:28	13.00	3:18:01	-	43	1:32:41	43	1:32:41