



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Karianne Vagle Kalvatn

Club: Trolljeger
Number: 157

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 3:18:10

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

Rank in course/Total: 138 (of 155)

Rank in course/Women: 41 (of 53)

Best time in course: 1:45:20

Rank in category: 41(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	-	12:21	-	33	3:47	33	3:47	-	12:21	-	33	3:47	33	3:47
Dalsnuten	-	24:54	-	47	10:47	47	10:47	-	37:15	-	42	14:34	42	14:34
Øvre Eikenuten	-	21:33	-	46	10:54	46	10:54	-	58:48	-	44	24:54	44	24:54
Gramstad mellor	-	12:14	-	41	5:01	41	5:01	-	1:11:02	-	44	29:25	44	29:25
Kollirudla	-	16:02	-	42	6:07	42	6:07	-	1:27:04	-	42	35:09	42	35:09
Mattisrudlå	-	45:37	-	48	24:01	48	24:01	-	2:12:41	-	43	58:44	43	58:44
Bjørndalsfjellet	-	24:05	-	45	12:37	45	12:37	-	2:36:46	-	43	1:11:21	43	1:11:21
Gramstadtjønna	-	38:38	-	45	20:49	45	20:49	-	3:15:24	-	44	1:31:50	44	1:31:50
Finish	-	2:46	-	33	1:00	33	1:00	13.00	3:18:10	-	44	1:32:50	44	1:32:50