



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Heidi Njå Johnsen

Number: 116

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 3:18:11

Speed: 3.94 km/h

Running performance: 15:15 min/km

Rank in course/Total: 139 (of 155)

Rank in course/Women: 42 (of 53)

Best time in course: 1:45:20

Rank in category: 42(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	-	12:38	-	37	4:04	37	4:04	-	12:38	-	37	4:04	37	4:04
Dalsnuten	-	21:14	-	34	7:07	34	7:07	-	33:52	-	33	11:11	33	11:11
Øvre Eikenuten	-	20:22	-	40	9:43	40	9:43	-	54:14	-	37	20:20	37	20:20
Gramstad mellor	-	11:47	-	36	4:34	36	4:34	-	1:06:01	-	37	24:24	37	24:24
Kollirudla	-	32:28	-	50	22:33	50	22:33	-	1:38:29	-	44	46:34	44	46:34
Mattisrudlå	-	37:47	-	41	16:11	41	16:11	-	2:16:16	-	45	1:02:19	45	1:02:19
Bjørndalsfjellet	-	20:57	-	38	9:29	38	9:29	-	2:37:13	-	44	1:11:48	44	1:11:48
Gramstadtjønna	-	38:09	-	42	20:20	42	20:20	-	3:15:22	-	41	1:31:48	41	1:31:48
Finish	-	2:49	-	36	1:03	36	1:03	13.00	3:18:11	-	45	1:32:51	45	1:32:51