



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Trine Krathus-Larsen

Club: Team Trappetrolla  
Number: 101

Course: 13.00 km  
7nutsløpet

Category:  
Kvinne

Total time: 3:41:37

Speed: 3.52 km/h  
Running performance: 17:03 min/km

Rank in course/Total: 143 (of 155)

Rank in course/Women: 45 (of 53)

Best time in course: 1:45:20

Rank in category: 45(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	-	15:31	-	51	6:57	51	6:57	-	15:31	-	51	6:57	51	6:57
Dalsnuten	-	27:36	-	48	13:29	48	13:29	-	43:07	-	48	20:26	48	20:26
Øvre Eikenuten	-	31:14	-	50	20:35	50	20:35	-	1:14:21	-	48	40:27	48	40:27
Gramstad mellor	-	15:19	-	49	8:06	49	8:06	-	1:29:40	-	48	48:03	48	48:03
Kollirudla	-	16:26	-	44	6:31	44	6:31	-	1:46:06	-	48	54:11	48	54:11
Mattisrudlå	-	43:03	-	45	21:27	45	21:27	-	2:29:09	-	47	1:15:12	47	1:15:12
Bjørndalsfjellet	-	26:17	-	48	14:49	48	14:49	-	2:55:26	-	48	1:30:01	48	1:30:01
Gramstadtjønna	-	42:57	-	46	25:08	46	25:08	-	3:38:23	-	46	1:54:49	46	1:54:49
Finish	-	3:14	-	45	1:28	45	1:28	13.00	3:41:37	-	49	1:56:17	49	1:56:17