



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Maiken Saxeide Offerdal

Club: Team BSO
Number: 43

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 4:08:15

Speed: 3.14 km/h
Running performance: 19:06 min/km

Rank in course/Total: 147 (of 155)

Rank in course/Women: 47 (of 53)

Best time in course: 1:45:20

Rank in category: 47(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	-	15:23	-	49	6:49	49	6:49	-	15:23	-	49	6:49	49	6:49
Dalsnuten	-	28:40	-	50	14:33	50	14:33	-	44:03	-	49	21:22	49	21:22
Øvre Eikenuten	-	30:36	-	49	19:57	49	19:57	-	1:14:39	-	50	40:45	50	40:45
Gramstad mellor	-	17:11	-	51	9:58	51	9:58	-	1:31:50	-	49	50:13	49	50:13
Kollirudla	-	17:08	-	45	7:13	45	7:13	-	1:48:58	-	49	57:03	49	57:03
Mattisrudlå	-	54:55	-	49	33:19	49	33:19	-	2:43:53	-	49	1:29:56	49	1:29:56
Bjørndalsfjellet	-	30:10	-	50	18:42	50	18:42	-	3:14:03	-	51	1:48:38	51	1:48:38
Gramstadtjønna	-	51:09	-	48	33:20	48	33:20	-	4:05:12	-	48	2:21:38	48	2:21:38
Finish	-	3:03	-	41	1:17	41	1:17	13.00	4:08:15	-	51	2:22:55	51	2:22:55