



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Marjo Liikanen

Club: Laerdal Medical
Number: 86

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 1:51:06

Speed: 7.02 km/h
Running performance: 8:33 min/km

Rank in course/Total: 44 (of 155)

Rank in course/Women: 5 (of 53)

Best time in course: 1:45:20

Rank in category: 5(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	-	10:00	-	8	1:26	8	1:26	-	10:00	-	8	1:26	8	1:26	
Dalsnuten	-	15:27	-	6	1:20	6	1:20	-	25:27	-	6	2:46	6	2:46	
Øvre Eikenuten	-	11:12	-	5	0:33	5	0:33	-	36:39	-	6	2:45	6	2:45	
Gramstad mellor	-	7:38	-	4	0:25	4	0:25	-	44:17	-	6	2:40	6	2:40	
Kollirudla	-	10:38	-	4	0:43	4	0:43	-	54:55	-	5	3:00	5	3:00	
Mattisrudlå	-	23:52	-	5	2:16	5	2:16	-	1:18:47	-	5	4:50	5	4:50	
Bjørndalsfjellet	-	12:29	-	5	1:01	5	1:01	-	1:31:16	-	5	5:51	5	5:51	
Gramstadtjønna	-	17:49	-	1	-	1	-	-	1:49:05	-	5	5:31	5	5:31	
Finish	-	2:01	-	5	0:15	5	0:15	13.00	1:51:06	-	5	5:46	5	5:46	