



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Fredrik Askeland

Number: 60

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:23:07

Speed: 9.38 km/h  
Running performance: 6:24 min/km

Rank in course/Total: 1 (of 155)

Rank in course/Men: 1 (of 102)

Best time in course: 1:23:07

Rank in category: 1(of 102)

Best time in the category: 1:23:07

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Fodgstadnuten	-	6:49	-	1	-	1	-	-	6:49	-	1	-	1	-
Dalsnuten	-	11:06	-	1	-	1	-	-	17:55	-	1	-	1	-
Øvre Eikenuten	-	9:11	-	1	-	1	-	-	27:06	-	1	-	1	-
Gramstad mellor	-	5:42	-	1	-	1	-	-	32:48	-	1	-	1	-
Kollirudla	-	8:26	-	1	-	1	-	-	41:14	-	1	-	1	-
Mattisrudlå	-	17:28	-	1	-	1	-	-	58:42	-	1	-	1	-
Bjørndalsfjellet	-	9:32	-	1	-	1	-	-	1:08:14	-	1	-	1	-
Gramstadtjønna	-	13:11	-	1	-	1	-	-	1:21:25	-	1	-	1	-
Finish	-	1:42	-	4	0:10	4	0:10	13.00	1:23:07	-	1	-	1	-