



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Stian Gilje

Club: Tempo Triathlon Club  
Number: 181

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:30:16

Speed: 8.64 km/h  
Running performance: 6:57 min/km

Rank in course/Total: 2 (of 155)

Rank in course/Men: 2 (of 102)

Best time in course: 1:23:07

Rank in category: 2(of 102)

Best time in the category: 1:23:07

Intermediate times					Stage score				Total ranking					
Control	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	-	7:17	-	4	0:28	4	0:28	-	7:17	-	4	0:28	4	0:28
Dalsnuten	-	12:13	-	2	1:07	2	1:07	-	19:30	-	2	1:35	2	1:35
Øvre Eikenuten	-	10:46	-	23	1:35	23	1:35	-	30:16	-	4	3:10	4	3:10
Gramstad mellor	-	6:14	-	3	0:32	3	0:32	-	36:30	-	2	3:42	2	3:42
Kollirudla	-	8:43	-	5	0:17	5	0:17	-	45:13	-	4	3:59	4	3:59
Mattisrudlå	-	19:16	-	2	1:48	2	1:48	-	1:04:29	-	2	5:47	2	5:47
Bjørndalsfjellet	-	9:40	-	2	0:08	2	0:08	-	1:14:09	-	2	5:55	2	5:55
Gramstadtjønna	-	14:29	-	2	1:18	2	1:18	-	1:28:38	-	2	7:13	2	7:13
Finish	-	1:38	-	2	0:06	2	0:06	13.00	1:30:16	-	2	7:09	2	7:09