



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kåre Kyllingstad Kvalvik

Club: Team isbjørn
Number: 151

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:30:27

Speed: 8.62 km/h
Running performance: 6:58 min/km

Rank in course/Total: 3 (of 155)

Rank in course/Men: 3 (of 102)

Best time in course: 1:23:07

Rank in category: 3(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	-	7:18	-	5	0:29	5	0:29	-	7:18	-	5	0:29	5	0:29
Dalsnuten	-	12:17	-	3	1:11	3	1:11	-	19:35	-	3	1:40	3	1:40
Øvre Eikenuten	-	10:40	-	20	1:29	20	1:29	-	30:15	-	3	3:09	3	3:09
Gramstad mellor	-	6:18	-	4	0:36	4	0:36	-	36:33	-	5	3:45	5	3:45
Kollirudla	-	8:39	-	4	0:13	4	0:13	-	45:12	-	3	3:58	3	3:58
Mattisrudlå	-	19:18	-	3	1:50	3	1:50	-	1:04:30	-	3	5:48	3	5:48
Bjørndalsfjellet	-	9:48	-	4	0:16	4	0:16	-	1:14:18	-	3	6:04	3	6:04
Gramstadtjønna	-	14:29	-	2	1:18	2	1:18	-	1:28:47	-	3	7:22	3	7:22
Finish	-	1:40	-	3	0:08	3	0:08	13.00	1:30:27	-	3	7:20	3	7:20