



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Sindre Øvrum Haaland

Club: Figgjo IL  
Number: 142

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:31:05

Speed: 8.56 km/h  
Running performance: 7:01 min/km

Rank in course/Total: 4 (of 155)

Rank in course/Men: 4 (of 102)

Best time in course: 1:23:07

Rank in category: 4(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	-	7:46	-	9	0:57	9	0:57	-	7:46	-	9	0:57	9	0:57
Dalsnuten	-	12:19	-	4	1:13	4	1:13	-	20:05	-	7	2:10	7	2:10
Øvre Eikenuten	-	10:15	-	11	1:04	11	1:04	-	30:20	-	6	3:14	6	3:14
Gramstad mellor	-	6:22	-	6	0:40	6	0:40	-	36:42	-	6	3:54	6	3:54
Kollirudla	-	8:36	-	2	0:10	2	0:10	-	45:18	-	6	4:04	6	4:04
Mattisrudlå	-	19:18	-	3	1:50	3	1:50	-	1:04:36	-	5	5:54	5	5:54
Bjørndalsfjellet	-	9:48	-	4	0:16	4	0:16	-	1:14:24	-	5	6:10	5	6:10
Gramstadtjønna	-	14:50	-	4	1:39	4	1:39	-	1:29:14	-	4	7:49	4	7:49
Finish	-	1:51	-	19	0:19	19	0:19	13.00	1:31:05	-	4	7:58	4	7:58