



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

**Torgeir Aarlott**

Club: Aker Solutions  
Number: 70

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:35:17

Speed: 8.19 km/h  
Running performance: 7:20 min/km

Rank in course/Total: 7 (of 155)

Rank in course/Men: 7 (of 102)

Best time in course: 1:23:07

Rank in category: 8(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	-	7:44	-	8	0:55	8	0:55	-	7:44	-	8	0:55	8	0:55
Dalsnuten	-	13:01	-	10	1:55	10	1:55	-	20:45	-	10	2:50	10	2:50
Øvre Eikenuten	-	10:21	-	14	1:10	14	1:10	-	31:06	-	7	4:00	7	4:00
Gramstad mellor	-	6:41	-	7	0:59	7	0:59	-	37:47	-	7	4:59	7	4:59
Kollirudla	-	9:14	-	7	0:48	7	0:48	-	47:01	-	7	5:47	7	5:47
Mattisrudlå	-	20:03	-	7	2:35	7	2:35	-	1:07:04	-	7	8:22	7	8:22
Bjørndalsfjellet	-	10:32	-	7	1:00	7	1:00	-	1:17:36	-	7	9:22	7	9:22
Gramstadtjønna	-	15:56	-	8	2:45	8	2:45	-	1:33:32	-	7	12:07	7	12:07
Finish	-	1:45	-	9	0:13	9	0:13	13.00	1:35:17	-	7	12:10	7	12:10