



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Aleksander Skålevik

Number: 104

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:38:15

Speed: 7.94 km/h

Running performance: 7:34 min/km

Rank in course/Total: 8 (of 155)

Rank in course/Men: 8 (of 102)

Best time in course: 1:23:07

Rank in category: 9(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.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	Total km	Total Time				Pos Men	Behind Men
Fodgstadnuten	-	8:33	-	24	1:44	24	1:44	-	8:33	-	24	1:44	24	1:44
Dalsnuten	-	13:41	-	17	2:35	17	2:35	-	22:14	-	22	4:19	22	4:19
Øvre Eikenuten	-	9:22	-	2	0:11	2	0:11	-	31:36	-	12	4:30	12	4:30
Gramstad mellor	-	7:12	-	16	1:30	16	1:30	-	38:48	-	11	6:00	11	6:00
Kollirudla	-	9:43	-	15	1:17	15	1:17	-	48:31	-	9	7:17	9	7:17
Mattisrudlå	-	21:26	-	16	3:58	16	3:58	-	1:09:57	-	10	11:15	10	11:15
Bjørndalsfjellet	-	10:53	-	11	1:21	11	1:21	-	1:20:50	-	8	12:36	8	12:36
Gramstadtjønna	-	15:43	-	6	2:32	6	2:32	-	1:36:33	-	8	15:08	8	15:08
Finish	-	1:42	-	4	0:10	4	0:10	13.00	1:38:15	-	8	15:08	8	15:08