



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Thomas Kvalvik

Club: Lundehaugen ungdomsskole
Number: 92

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:38:32

Speed: 7.92 km/h
Running performance: 7:35 min/km

Rank in course/Total: 9 (of 155)

Rank in course/Men: 9 (of 102)

Best time in course: 1:23:07

Rank in category: 10(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
Fodgstadnuten	-	7:52	-	11	1:03	11	1:03	-	7:52	-	11	1:03	11	1:03
Dalsnuten	-	12:51	-	8	1:45	8	1:45	-	20:43	-	9	2:48	9	2:48
Øvre Eikenuten	-	10:37	-	19	1:26	19	1:26	-	31:20	-	9	4:14	9	4:14
Gramstad mellor	-	6:51	-	8	1:09	8	1:09	-	38:11	-	9	5:23	9	5:23
Kollirudla	-	9:43	-	15	1:17	15	1:17	-	47:54	-	8	6:40	8	6:40
Mattisrudlå	-	21:16	-	14	3:48	14	3:48	-	1:09:10	-	8	10:28	8	10:28
Bjørndalsfjellet	-	11:44	-	28	2:12	28	2:12	-	1:20:54	-	9	12:40	9	12:40
Gramstadtjønna	-	15:51	-	7	2:40	7	2:40	-	1:36:45	-	9	15:20	9	15:20
Finish	-	1:47	-	11	0:15	11	0:15	13.00	1:38:32	-	9	15:25	9	15:25