



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Silje-Kathrine Syvertsen

Club: GTI-friidrettsklubb
Number: 105

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 1:56:55

Speed: 6.67 km/h
Running performance: 9:00 min/km

Rank in course/Total: 57 (of 155)

Rank in course/Women: 7 (of 53)

Best time in course: 1:45:20

Rank in category: 7(of 53)

Best time in the category: 1:45:20

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	10:11	-	10	1:37	10	1:37	-	10:11	-	10	1:37	10	1:37
Dalsnuten	-	16:07	-	10	2:00	10	2:00	-	26:18	-	10	3:37	10	3:37
Øvre Eikenuten	-	14:16	-	22	3:37	22	3:37	-	40:34	-	11	6:40	11	6:40
Gramstad mellor	-	7:37	-	3	0:24	3	0:24	-	48:11	-	10	6:34	10	6:34
Kollirudla	-	11:09	-	9	1:14	9	1:14	-	59:20	-	10	7:25	10	7:25
Mattisrudlå	-	24:12	-	7	2:36	7	2:36	-	1:23:32	-	10	9:35	10	9:35
Bjørndalsfjellet	-	12:46	-	6	1:18	6	1:18	-	1:36:18	-	8	10:53	8	10:53
Gramstadtjønna	-	18:31	-	5	0:42	5	0:42	-	1:54:49	-	7	11:15	7	11:15
Finish	-	2:06	-	13	0:20	13	0:20	13.00	1:56:55	-	7	11:35	7	11:35