



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Paul Hjelmervik

Number: 107

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:38:44

Speed: 7.90 km/h
Running performance: 7:36 min/km

Rank in course/Total: 10 (of 155)

Rank in course/Men: 10 (of 102)

Best time in course: 1:23:07

Rank in category: 11(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	-	8:32	-	23	1:43	23	1:43	-	8:32	-	23	1:43	23	1:43
Dalsnuten	-	13:31	-	15	2:25	15	2:25	-	22:03	-	18	4:08	18	4:08
Øvre Eikenuten	-	9:28	-	3	0:17	3	0:17	-	31:31	-	11	4:25	11	4:25
Gramstad mellor	-	8:01	-	47	2:19	47	2:19	-	39:32	-	18	6:44	18	6:44
Kollirudla	-	9:41	-	14	1:15	14	1:15	-	49:13	-	17	7:59	17	7:59
Mattisrudlå	-	21:01	-	9	3:33	9	3:33	-	1:10:14	-	13	11:32	13	11:32
Bjørndalsfjellet	-	11:05	-	14	1:33	14	1:33	-	1:21:19	-	13	13:05	13	13:05
Gramstadtjønna	-	15:31	-	5	2:20	5	2:20	-	1:36:50	-	10	15:25	10	15:25
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:38:44	-	10	15:37	10	15:37