



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Stein Undheim

Number: 29

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:39:17

Speed: 7.86 km/h
Running performance: 7:39 min/km

Rank in course/Total: 11 (of 155)

Rank in course/Men: 11 (of 102)

Best time in course: 1:23:07

Rank in category: 12(of 102)

Best time in the category: 1:23:07

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Fodgstadnuten	-	8:10	-	15	1:21	15	1:21	-	8:10	-	15	1:21	15	1:21
Dalsnuten	-	13:48	-	22	2:42	22	2:42	-	21:58	-	17	4:03	17	4:03
Øvre Eikenuten	-	10:36	-	18	1:25	18	1:25	-	32:34	-	24	5:28	24	5:28
Gramstad mellor	-	6:53	-	10	1:11	10	1:11	-	39:27	-	17	6:39	17	6:39
Kollirudla	-	9:40	-	12	1:14	12	1:14	-	49:07	-	15	7:53	15	7:53
Mattisrudlå	-	21:02	-	10	3:34	10	3:34	-	1:10:09	-	12	11:27	12	11:27
Bjørndalsfjellet	-	11:02	-	12	1:30	12	1:30	-	1:21:11	-	10	12:57	10	12:57
Gramstadtjønna	-	16:04	-	11	2:53	11	2:53	-	1:37:15	-	11	15:50	11	15:50
Finish	-	2:02	-	42	0:30	42	0:30	13.00	1:39:17	-	11	16:10	11	16:10