



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Per Inge Sommerseth

Number: 16

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:40:06

Speed: 7.79 km/h

Running performance: 7:42 min/km

Rank in course/Total: 12 (of 155)

Rank in course/Men: 12 (of 102)

Best time in course: 1:23:07

Rank in category: 13(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Fodgstadnuten	-	7:53	-	12	1:04	12	1:04	-	7:53	-	12	1:04	12	1:04
Dalsnuten	-	13:16	-	11	2:10	11	2:10	-	21:09	-	11	3:14	11	3:14
Øvre Eikenuten	-	10:47	-	25	1:36	25	1:36	-	31:56	-	18	4:50	18	4:50
Gramstad mellor	-	7:00	-	11	1:18	11	1:18	-	38:56	-	12	6:08	12	6:08
Kollirudla	-	10:02	-	25	1:36	25	1:36	-	48:58	-	13	7:44	13	7:44
Mattisrudlå	-	22:13	-	26	4:45	26	4:45	-	1:11:11	-	19	12:29	19	12:29
Bjørndalsfjellet	-	11:10	-	16	1:38	16	1:38	-	1:22:21	-	19	14:07	19	14:07
Gramstadtjønna	-	15:57	-	9	2:46	9	2:46	-	1:38:18	-	12	16:53	12	16:53
Finish	-	1:48	-	14	0:16	14	0:16	13.00	1:40:06	-	12	16:59	12	16:59