



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Johannes Guddal

Club: Rosendal Turnlag
Number: 123

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: 13 (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	-	6:58	-	2	0:09	2	0:09	-	6:58	-	2	0:09	2	0:09
Dalsnuten	-	12:52	-	9	1:46	9	1:46	-	19:50	-	5	1:55	5	1:55
Øvre Eikenuten	-	11:36	-	51	2:25	51	2:25	-	31:26	-	10	4:20	10	4:20
Gramstad mellor	-	7:20	-	20	1:38	20	1:38	-	38:46	-	10	5:58	10	5:58
Kollirudla	-	9:48	-	18	1:22	18	1:22	-	48:34	-	10	7:20	10	7:20
Mattisrudlå	-	21:03	-	12	3:35	12	3:35	-	1:09:37	-	9	10:55	9	10:55
Bjørndalsfjellet	-	11:38	-	25	2:06	25	2:06	-	1:21:15	-	11	13:01	11	13:01
Gramstadtjønna	-	17:19	-	20	4:08	20	4:08	-	1:38:34	-	13	17:09	13	17:09
Finish	-	1:32	-	1	-	1	-	13.00	1:40:06	-	12	16:59	12	16:59