



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

Hannu Larsen

Number: 141

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:40:22

Speed: 7.77 km/h  
Running performance: 7:44 min/km

Rank in course/Total: 14 (of 155)

Rank in course/Men: 14 (of 102)

Best time in course: 1:23:07

Rank in category: 15(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      | -        | 8:30       | -            | 21          | 1:41        | 21      | 1:41       | -             | 8:30       | -            | 21       | 1:41        | 21      | 1:41       |
| Dalsnuten          | -        | 13:20      | -            | 12          | 2:14        | 12      | 2:14       | -             | 21:50      | -            | 14       | 3:55        | 14      | 3:55       |
| Øvre Eikenuten     | -        | 10:04      | -            | 10          | 0:53        | 10      | 0:53       | -             | 31:54      | -            | 17       | 4:48        | 17      | 4:48       |
| Gramstad mellor    | -        | 7:07       | -            | 15          | 1:25        | 15      | 1:25       | -             | 39:01      | -            | 13       | 6:13        | 13      | 6:13       |
| Kollirudla         | -        | 9:36       | -            | 9           | 1:10        | 9       | 1:10       | -             | 48:37      | -            | 11       | 7:23        | 11      | 7:23       |
| Mattisrudlå        | -        | 21:28      | -            | 17          | 4:00        | 17      | 4:00       | -             | 1:10:05    | -            | 11       | 11:23       | 11      | 11:23      |
| Bjørndalsfjellet   | -        | 11:13      | -            | 17          | 1:41        | 17      | 1:41       | -             | 1:21:18    | -            | 12       | 13:04       | 12      | 13:04      |
| Gramstadtjønna     | -        | 17:17      | -            | 19          | 4:06        | 19      | 4:06       | -             | 1:38:35    | -            | 14       | 17:10       | 14      | 17:10      |
| Finish             | -        | 1:47       | -            | 11          | 0:15        | 11      | 0:15       | 13.00         | 1:40:22    | -            | 14       | 17:15       | 14      | 17:15      |