



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kjetil Hana

Number: 68

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:40:45

Speed: 7.74 km/h
Running performance: 7:45 min/km

Rank in course/Total: 15 (of 155)

Rank in course/Men: 15 (of 102)

Best time in course: 1:23:07

Rank in category: 16(of 102)

Best time in the category: 1:23:07

Control	Intermediate times				Stage score				Total ranking					
	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	-	8:28	-	19	1:39	19	1:39	-	8:28	-	19	1:39	19	1:39
Dalsnuten	-	13:27	-	14	2:21	14	2:21	-	21:55	-	16	4:00	16	4:00
Øvre Eikenuten	-	9:54	-	8	0:43	8	0:43	-	31:49	-	15	4:43	15	4:43
Gramstad mellor	-	7:52	-	42	2:10	42	2:10	-	39:41	-	22	6:53	22	6:53
Kollirudla	-	10:44	-	48	2:18	48	2:18	-	50:25	-	23	9:11	23	9:11
Mattisrudlå	-	21:02	-	10	3:34	10	3:34	-	1:11:27	-	21	12:45	21	12:45
Bjørndalsfjellet	-	10:38	-	9	1:06	9	1:06	-	1:22:05	-	16	13:51	16	13:51
Gramstadtjønna	-	16:41	-	13	3:30	13	3:30	-	1:38:46	-	16	17:21	16	17:21
Finish	-	1:59	-	36	0:27	36	0:27	13.00	1:40:45	-	15	17:38	15	17:38