



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Anders Bjørkhaug

Number: 180

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:41:27

Speed: 7.69 km/h

Running performance: 7:49 min/km

Rank in course/Total: 17 (of 155)

Rank in course/Men: 17 (of 102)

Best time in course: 1:23:07

Rank in category: 18(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. | Stage score | | Total | | Pos Cat. | Behind Cat. | Total ranking | | |
|------------------|----------|------------|--------------|----------|-------------|-------------|------------|-------|---------|----------|-------------|---------------|------------|-------|
| | | | | | | Pos Men | Behind Men | km | Time | | | Pos Men | Behind Men | |
| Fodgstadnuten | - | 8:35 | - | 25 | 1:46 | 25 | 1:46 | - | 8:35 | - | 25 | 1:46 | 25 | 1:46 |
| Dalsnuten | - | 13:44 | - | 19 | 2:38 | 19 | 2:38 | - | 22:19 | - | 23 | 4:24 | 23 | 4:24 |
| Øvre Eikenuten | - | 10:02 | - | 9 | 0:51 | 9 | 0:51 | - | 32:21 | - | 21 | 5:15 | 21 | 5:15 |
| Gramstad mellor | - | 7:16 | - | 18 | 1:34 | 18 | 1:34 | - | 39:37 | - | 20 | 6:49 | 20 | 6:49 |
| Kollirudla | - | 9:37 | - | 10 | 1:11 | 10 | 1:11 | - | 49:14 | - | 18 | 8:00 | 18 | 8:00 |
| Mattisrudlå | - | 21:07 | - | 13 | 3:39 | 13 | 3:39 | - | 1:10:21 | - | 14 | 11:39 | 14 | 11:39 |
| Bjørndalsfjellet | - | 11:27 | - | 23 | 1:55 | 23 | 1:55 | - | 1:21:48 | - | 14 | 13:34 | 14 | 13:34 |
| Gramstadtjønna | - | 17:53 | - | 25 | 4:42 | 25 | 4:42 | - | 1:39:41 | - | 18 | 18:16 | 18 | 18:16 |
| Finish | - | 1:46 | - | 10 | 0:14 | 10 | 0:14 | 13.00 | 1:41:27 | - | 17 | 18:20 | 17 | 18:20 |