



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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	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