



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Bjørn Bungum

Club: Unitech Powersystems
Number: 2

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:41:32

Speed: 7.68 km/h
Running performance: 7:49 min/km

Rank in course/Total: 18 (of 155)

Rank in course/Men: 18 (of 102)

Best time in course: 1:23:07

Rank in category: 19(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	-	8:17	-	16	1:28	16	1:28	-	8:17	-	16	1:28	16	1:28
Dalsnuten	-	14:11	-	28	3:05	28	3:05	-	22:28	-	24	4:33	24	4:33
Øvre Eikenuten	-	9:42	-	5	0:31	5	0:31	-	32:10	-	19	5:04	19	5:04
Gramstad mellor	-	7:23	-	22	1:41	22	1:41	-	39:33	-	19	6:45	19	6:45
Kollirudla	-	9:33	-	8	1:07	8	1:07	-	49:06	-	14	7:52	14	7:52
Mattisrudlå	-	21:44	-	20	4:16	20	4:16	-	1:10:50	-	15	12:08	15	12:08
Bjørndalsfjellet	-	11:22	-	22	1:50	22	1:50	-	1:22:12	-	17	13:58	17	13:58
Gramstadtjønna	-	17:28	-	23	4:17	23	4:17	-	1:39:40	-	17	18:15	17	18:15
Finish	-	1:52	-	20	0:20	20	0:20	13.00	1:41:32	-	18	18:25	18	18:25