



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Inge Stian Helland

Club: Team Magneten Sport
Number: 125

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:41:36

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

Rank in course/Total: 19 (of 155)

Rank in course/Men: 19 (of 102)

Best time in course: 1:23:07

Rank in category: 20(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	-	8:00	-	14	1:11	14	1:11	-	8:00	-	14	1:11	14	1:11
Dalsnuten	-	13:39	-	16	2:33	16	2:33	-	21:39	-	12	3:44	12	3:44
Øvre Eikenuten	-	10:40	-	20	1:29	20	1:29	-	32:19	-	20	5:13	20	5:13
Gramstad mellor	-	7:05	-	13	1:23	13	1:23	-	39:24	-	16	6:36	16	6:36
Kollirudla	-	9:47	-	17	1:21	17	1:21	-	49:11	-	16	7:57	16	7:57
Mattisrudlå	-	21:47	-	21	4:19	21	4:19	-	1:10:58	-	16	12:16	16	12:16
Bjørndalsfjellet	-	11:19	-	20	1:47	20	1:47	-	1:22:17	-	18	14:03	18	14:03
Gramstadtjønna	-	17:26	-	22	4:15	22	4:15	-	1:39:43	-	19	18:18	19	18:18
Finish	-	1:53	-	23	0:21	23	0:21	13.00	1:41:36	-	19	18:29	19	18:29