



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Linda Mari Vestvik

Club: Gjesdal il
Number: 109

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 1:58:02

Speed: 6.61 km/h
Running performance: 9:05 min/km

Rank in course/Total: 59 (of 155)

Rank in course/Women: 8 (of 53)

Best time in course: 1:45:20

Rank in category: 8(of 53)

Best time in the category: 1:45:20

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	10:17	-	11	1:43	11	1:43	-	10:17	-	11	1:43	11	1:43
Dalsnuten	-	15:48	-	7	1:41	7	1:41	-	26:05	-	9	3:24	9	3:24
Øvre Eikenuten	-	11:41	-	8	1:02	8	1:02	-	37:46	-	8	3:52	8	3:52
Gramstad mellor	-	8:05	-	7	0:52	7	0:52	-	45:51	-	8	4:14	8	4:14
Kollirudla	-	11:07	-	7	1:12	7	1:12	-	56:58	-	7	5:03	7	5:03
Mattisrudlå	-	25:21	-	11	3:45	11	3:45	-	1:22:19	-	7	8:22	7	8:22
Bjørndalsfjellet	-	13:18	-	9	1:50	9	1:50	-	1:35:37	-	7	10:12	7	10:12
Gramstadtjønna	-	20:11	-	10	2:22	10	2:22	-	1:55:48	-	8	12:14	8	12:14
Finish	-	2:14	-	19	0:28	19	0:28	13.00	1:58:02	-	8	12:42	8	12:42