



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Mikal Askeland

Club: Aibel Haugesund
Number: 143

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:41:56

Speed: 7.65 km/h
Running performance: 7:51 min/km

Rank in course/Total: 20 (of 155)

Rank in course/Men: 20 (of 102)

Best time in course: 1:23:07

Rank in category: 21(of 102)

Best time in the category: 1:23:07

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking							
				Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Fodgstadnuten	-	8:56	-	33	2:07	33	2:07	-	8:56	-	33	2:07	33	2:07	
Dalsnuten	-	13:56	-	25	2:50	25	2:50	-	22:52	-	28	4:57	28	4:57	
Øvre Eikenuten	-	10:48	-	26	1:37	26	1:37	-	33:40	-	25	6:34	25	6:34	
Gramstad mellor	-	7:05	-	13	1:23	13	1:23	-	40:45	-	25	7:57	25	7:57	
Kollirudla	-	9:57	-	23	1:31	23	1:31	-	50:42	-	26	9:28	26	9:28	
Mattisrudlå	-	21:35	-	18	4:07	18	4:07	-	1:12:17	-	24	13:35	24	13:35	
Bjørndalsfjellet	-	11:18	-	18	1:46	18	1:46	-	1:23:35	-	23	15:21	23	15:21	
Gramstadtjønna	-	16:27	-	12	3:16	12	3:16	-	1:40:02	-	20	18:37	20	18:37	
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:41:56	-	20	18:49	20	18:49	