



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Tommy Johnsen

Club: Spirit
Number: 159

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:42:00

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

Rank in course/Total: 21 (of 155)

Rank in course/Men: 21 (of 102)

Best time in course: 1:23:07

Rank in category: 22(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	-	8:37	-	27	1:48	27	1:48	-	8:37	-	27	1:48	27	1:48
Dalsnuten	-	14:02	-	26	2:56	26	2:56	-	22:39	-	25	4:44	25	4:44
Øvre Eikenuten	-	11:19	-	43	2:08	43	2:08	-	33:58	-	27	6:52	27	6:52
Gramstad mellor	-	7:30	-	28	1:48	28	1:48	-	41:28	-	27	8:40	27	8:40
Kollirudla	-	9:37	-	10	1:11	10	1:11	-	51:05	-	27	9:51	27	9:51
Mattisrudlå	-	21:21	-	15	3:53	15	3:53	-	1:12:26	-	25	13:44	25	13:44
Bjørndalsfjellet	-	11:02	-	12	1:30	12	1:30	-	1:23:28	-	22	15:14	22	15:14
Gramstadtjønna	-	16:44	-	14	3:33	14	3:33	-	1:40:12	-	21	18:47	21	18:47
Finish	-	1:48	-	14	0:16	14	0:16	13.00	1:42:00	-	21	18:53	21	18:53