



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Kenneth Løvik

Club: GTI Friidrett  
Number: 54

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:42:16

Speed: 7.63 km/h  
Running performance: 7:52 min/km

Rank in course/Total: 22 (of 155)

Rank in course/Men: 22 (of 102)

Best time in course: 1:23:07

Rank in category: 23(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.	Stage score		Total		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	km	Time			Pos Men	Behind Men	
Fodgstadnuten	-	8:21	-	18	1:32	18	1:32	-	8:21	-	18	1:32	18	1:32
Dalsnuten	-	13:45	-	20	2:39	20	2:39	-	22:06	-	20	4:11	20	4:11
Øvre Eikenuten	-	9:46	-	7	0:35	7	0:35	-	31:52	-	16	4:46	16	4:46
Gramstad mellor	-	7:20	-	20	1:38	20	1:38	-	39:12	-	15	6:24	15	6:24
Kollirudla	-	10:07	-	30	1:41	30	1:41	-	49:19	-	19	8:05	19	8:05
Mattisrudlå	-	21:50	-	22	4:22	22	4:22	-	1:11:09	-	18	12:27	18	12:27
Bjørndalsfjellet	-	11:18	-	18	1:46	18	1:46	-	1:22:27	-	20	14:13	20	14:13
Gramstadtjønna	-	17:55	-	26	4:44	26	4:44	-	1:40:22	-	22	18:57	22	18:57
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:42:16	-	22	19:09	22	19:09