



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

**Knut Pedersen**

Club: Spirit  
Number: 25

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:43:16

Speed: 7.55 km/h  
Running performance: 7:57 min/km

Rank in course/Total: 24 (of 155)

Rank in course/Men: 24 (of 102)

Best time in course: 1:23:07

Rank in category: 25(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	-	8:19	-	17	1:30	17	1:30	-	8:19	-	17	1:30	17	1:30
Dalsnuten	-	13:49	-	23	2:43	23	2:43	-	22:08	-	21	4:13	21	4:13
Øvre Eikenuten	-	9:38	-	4	0:27	4	0:27	-	31:46	-	14	4:40	14	4:40
Gramstad mellor	-	7:16	-	18	1:34	18	1:34	-	39:02	-	14	6:14	14	6:14
Kollirudla	-	10:28	-	38	2:02	38	2:02	-	49:30	-	20	8:16	20	8:16
Mattisrudlå	-	22:33	-	28	5:05	28	5:05	-	1:12:03	-	22	13:21	22	13:21
Bjørndalsfjellet	-	12:23	-	35	2:51	35	2:51	-	1:24:26	-	25	16:12	25	16:12
Gramstadtjønna	-	16:50	-	15	3:39	15	3:39	-	1:41:16	-	24	19:51	24	19:51
Finish	-	2:00	-	37	0:28	37	0:28	13.00	1:43:16	-	24	20:09	24	20:09