



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Kai Kronfeldt

Club: ThorXtri crew
Number: 162

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:44:35

Speed: 7.46 km/h
Running performance: 8:03 min/km

Rank in course/Total: 25 (of 155)

Rank in course/Men: 25 (of 102)

Best time in course: 1:23:07

Rank in category: 26(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	-	7:42	-	7	0:53	7	0:53	-	7:42	-	7	0:53	7	0:53
Dalsnuten	-	12:45	-	7	1:39	7	1:39	-	20:27	-	8	2:32	8	2:32
Øvre Eikenuten	-	10:51	-	30	1:40	30	1:40	-	31:18	-	8	4:12	8	4:12
Gramstad mellor	-	6:51	-	8	1:09	8	1:09	-	38:09	-	8	5:21	8	5:21
Kollirudla	-	10:43	-	45	2:17	45	2:17	-	48:52	-	12	7:38	12	7:38
Mattisrudlå	-	22:14	-	27	4:46	27	4:46	-	1:11:06	-	17	12:24	17	12:24
Bjørndalsfjellet	-	12:48	-	41	3:16	41	3:16	-	1:23:54	-	24	15:40	24	15:40
Gramstadtjønna	-	18:34	-	36	5:23	36	5:23	-	1:42:28	-	25	21:03	25	21:03
Finish	-	2:07	-	50	0:35	50	0:35	13.00	1:44:35	-	25	21:28	25	21:28