



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Simon Krogedal

Number: 167

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:45:16

Speed: 7.41 km/h

Running performance: 8:06 min/km

Rank in course/Total: 26 (of 155)

Rank in course/Men: 26 (of 102)

Best time in course: 1:23:07

Rank in category: 27(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	Total km	Total Time			Pos Men	Behind Men	
Fodgstadnuten	-	7:58	-	13	1:09	13	1:09	-	7:58	-	13	1:09	13	1:09
Dalsnuten	-	14:06	-	27	3:00	27	3:00	-	22:04	-	19	4:09	19	4:09
Øvre Eikenuten	-	10:23	-	15	1:12	15	1:12	-	32:27	-	23	5:21	23	5:21
Gramstad mellor	-	8:14	-	57	2:32	57	2:32	-	40:41	-	24	7:53	24	7:53
Kollirudla	-	9:51	-	20	1:25	20	1:25	-	50:32	-	25	9:18	25	9:18
Mattisrudlå	-	22:38	-	29	5:10	29	5:10	-	1:13:10	-	26	14:28	26	14:28
Bjørndalsfjellet	-	12:13	-	34	2:41	34	2:41	-	1:25:23	-	28	17:09	28	17:09
Gramstadtjønna	-	18:10	-	29	4:59	29	4:59	-	1:43:33	-	28	22:08	28	22:08
Finish	-	1:43	-	8	0:11	8	0:11	13.00	1:45:16	-	26	22:09	26	22:09