



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Anders Ekkje Slettebø

Club: ØI og kondis
Number: 11

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:45:23

Speed: 7.40 km/h
Running performance: 8:07 min/km

Rank in course/Total: 31 (of 155)

Rank in course/Men: 29 (of 102)

Best time in course: 1:23:07

Rank in category: 30(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	-	9:05	-	36	2:16	36	2:16	-	9:05	-	36	2:16	36	2:16
Dalsnuten	-	13:45	-	20	2:39	20	2:39	-	22:50	-	27	4:55	27	4:55
Øvre Eikenuten	-	11:18	-	42	2:07	42	2:07	-	34:08	-	28	7:02	28	7:02
Gramstad mellor	-	7:25	-	24	1:43	24	1:43	-	41:33	-	28	8:45	28	8:45
Kollirudla	-	10:24	-	35	1:58	35	1:58	-	51:57	-	29	10:43	29	10:43
Mattisrudlå	-	22:02	-	25	4:34	25	4:34	-	1:13:59	-	29	15:17	29	15:17
Bjørndalsfjellet	-	11:30	-	24	1:58	24	1:58	-	1:25:29	-	29	17:15	29	17:15
Gramstadtjønna	-	18:05	-	28	4:54	28	4:54	-	1:43:34	-	29	22:09	29	22:09
Finish	-	1:49	-	17	0:17	17	0:17	13.00	1:45:23	-	29	22:16	29	22:16