



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Doris Løining

Number: 194

Course: 13.00 km
7nutsløpet

Category:
Kvinne

Total time: 1:59:16

Speed: 6.54 km/h

Running performance: 9:11 min/km

Rank in course/Total: 61 (of 155)

Rank in course/Women: 9 (of 53)

Best time in course: 1:45:20

Rank in category: 9(of 53)

Best time in the category: 1:45:20

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Fodgstadnuten	-	9:36	-	6	1:02	6	1:02	-	9:36	-	6	1:02	6	1:02
Dalsnuten	-	16:23	-	12	2:16	12	2:16	-	25:59	-	8	3:18	8	3:18
Øvre Eikenuten	-	11:58	-	9	1:19	9	1:19	-	37:57	-	9	4:03	9	4:03
Gramstad mellor	-	9:01	-	18	1:48	18	1:48	-	46:58	-	9	5:21	9	5:21
Kollirudla	-	11:37	-	15	1:42	15	1:42	-	58:35	-	9	6:40	9	6:40
Mattisrudlå	-	24:40	-	8	3:04	8	3:04	-	1:23:15	-	9	9:18	9	9:18
Bjørndalsfjellet	-	13:15	-	8	1:47	8	1:47	-	1:36:30	-	10	11:05	10	11:05
Gramstadtjønna	-	20:29	-	11	2:40	11	2:40	-	1:56:59	-	9	13:25	9	13:25
Finish	-	2:17	-	22	0:31	22	0:31	13.00	1:59:16	-	9	13:56	9	13:56