



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Asgeir Kvalbein

Number: 136

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:46:34

Speed: 7.32 km/h

Running performance: 8:12 min/km

Rank in course/Total: 32 (of 155)

Rank in course/Men: 30 (of 102)

Best time in course: 1:23:07

Rank in category: 31(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		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Fodgstadnuten	-	8:54	-	31	2:05	31	2:05	-	8:54	-	31	2:05	31	2:05
Dalsnuten	-	14:51	-	39	3:45	39	3:45	-	23:45	-	35	5:50	35	5:50
Øvre Eikenuten	-	10:50	-	27	1:39	27	1:39	-	34:35	-	31	7:29	31	7:29
Gramstad mellor	-	7:30	-	28	1:48	28	1:48	-	42:05	-	29	9:17	29	9:17
Kollirudla	-	9:48	-	18	1:22	18	1:22	-	51:53	-	28	10:39	28	10:39
Mattisrudlå	-	22:01	-	23	4:33	23	4:33	-	1:13:54	-	28	15:12	28	15:12
Bjørndalsfjellet	-	11:42	-	27	2:10	27	2:10	-	1:25:36	-	30	17:22	30	17:22
Gramstadtjønna	-	18:50	-	38	5:39	38	5:39	-	1:44:26	-	30	23:01	30	23:01
Finish	-	2:08	-	52	0:36	52	0:36	13.00	1:46:34	-	30	23:27	30	23:27