



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Erik Bakke

Club: Sandnes IL
Number: 48

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:46:35

Speed: 7.32 km/h
Running performance: 8:12 min/km

Rank in course/Total: 33 (of 155)

Rank in course/Men: 31 (of 102)

Best time in course: 1:23:07

Rank in category: 32(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	-	9:14	-	42	2:25	42	2:25	-	9:14	-	42	2:25	42	2:25
Dalsnuten	-	14:42	-	38	3:36	38	3:36	-	23:56	-	39	6:01	39	6:01
Øvre Eikenuten	-	10:16	-	13	1:05	13	1:05	-	34:12	-	29	7:06	29	7:06
Gramstad mellor	-	7:58	-	45	2:16	45	2:16	-	42:10	-	31	9:22	31	9:22
Kollirudla	-	9:55	-	22	1:29	22	1:29	-	52:05	-	31	10:51	31	10:51
Mattisrudlå	-	22:59	-	32	5:31	32	5:31	-	1:15:04	-	31	16:22	31	16:22
Bjørndalsfjellet	-	10:43	-	10	1:11	10	1:11	-	1:25:47	-	31	17:33	31	17:33
Gramstadtjønna	-	18:40	-	37	5:29	37	5:29	-	1:44:27	-	31	23:02	31	23:02
Finish	-	2:08	-	52	0:36	52	0:36	13.00	1:46:35	-	31	23:28	31	23:28