



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Knut Taugbøl

Club: Gjesdal IL
Number: 168

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:47:39

Speed: 7.25 km/h
Running performance: 8:17 min/km

Rank in course/Total: 34 (of 155)

Rank in course/Men: 32 (of 102)

Best time in course: 1:23:07

Rank in category: 33(of 102)

Best time in the category: 1:23:07

Control	Intermediate times				Stage score				Total ranking					
	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	-	9:11	-	40	2:22	40	2:22	-	9:11	-	40	2:22	40	2:22
Dalsnuten	-	14:39	-	35	3:33	35	3:33	-	23:50	-	37	5:55	37	5:55
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	34:49	-	34	7:43	34	7:43
Gramstad mellor	-	7:28	-	26	1:46	26	1:46	-	42:17	-	33	9:29	33	9:29
Kollirudla	-	10:02	-	25	1:36	25	1:36	-	52:19	-	33	11:05	33	11:05
Mattisrudlå	-	22:46	-	30	5:18	30	5:18	-	1:15:05	-	32	16:23	32	16:23
Bjørndalsfjellet	-	12:06	-	32	2:34	32	2:34	-	1:27:11	-	32	18:57	32	18:57
Gramstadtjønna	-	18:23	-	34	5:12	34	5:12	-	1:45:34	-	32	24:09	32	24:09
Finish	-	2:05	-	46	0:33	46	0:33	13.00	1:47:39	-	32	24:32	32	24:32