



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Tom Krister Nilsen

Number: 94

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:49:17

Speed: 7.14 km/h  
Running performance: 8:25 min/km

Rank in course/Total: 36 (of 155)

Rank in course/Men: 33 (of 102)

Best time in course: 1:23:07

Rank in category: 34(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		Pos Cat.	Behind Cat.	Total ranking		
						Pos Men	Behind Men	Total km	Total Time			Pos Men	Behind Men	
Fodgstadnuten	-	9:51	-	50	3:02	50	3:02	-	9:51	-	50	3:02	50	3:02
Dalsnuten	-	14:53	-	40	3:47	40	3:47	-	24:44	-	45	6:49	45	6:49
Øvre Eikenuten	-	10:24	-	16	1:13	16	1:13	-	35:08	-	39	8:02	39	8:02
Gramstad mellor	-	7:32	-	30	1:50	30	1:50	-	42:40	-	37	9:52	37	9:52
Kollirudla	-	10:20	-	34	1:54	34	1:54	-	53:00	-	36	11:46	36	11:46
Mattisrudlå	-	23:35	-	36	6:07	36	6:07	-	1:16:35	-	34	17:53	34	17:53
Bjørndalsfjellet	-	12:44	-	40	3:12	40	3:12	-	1:29:19	-	35	21:05	35	21:05
Gramstadtjønna	-	18:10	-	29	4:59	29	4:59	-	1:47:29	-	34	26:04	34	26:04
Finish	-	1:48	-	14	0:16	14	0:16	13.00	1:49:17	-	33	26:10	33	26:10