



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Eivind Schrødahl

Club: GTI-friidrettsklubb
Number: 106

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:49:56

Speed: 7.10 km/h
Running performance: 8:28 min/km

Rank in course/Total: 37 (of 155)

Rank in course/Men: 34 (of 102)

Best time in course: 1:23:07

Rank in category: 35(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	-	9:00	-	34	2:11	34	2:11	-	9:00	-	34	2:11	34	2:11
Dalsnuten	-	14:29	-	33	3:23	33	3:23	-	23:29	-	32	5:34	32	5:34
Øvre Eikenuten	-	12:33	-	62	3:22	62	3:22	-	36:02	-	45	8:56	45	8:56
Gramstad mellor	-	7:39	-	36	1:57	36	1:57	-	43:41	-	43	10:53	43	10:53
Kollirudla	-	12:00	-	75	3:34	75	3:34	-	55:41	-	49	14:27	49	14:27
Mattisrudlå	-	23:08	-	34	5:40	34	5:40	-	1:18:49	-	45	20:07	45	20:07
Bjørndalsfjellet	-	11:51	-	29	2:19	29	2:19	-	1:30:40	-	40	22:26	40	22:26
Gramstadtjønna	-	17:19	-	20	4:08	20	4:08	-	1:47:59	-	35	26:34	35	26:34
Finish	-	1:57	-	32	0:25	32	0:25	13.00	1:49:56	-	34	26:49	34	26:49