



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

André Ingebretsen

Club: IKM Testing  
Number: 120

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:50:11

Speed: 7.08 km/h  
Running performance: 8:29 min/km

Rank in course/Total: 38 (of 155)

Rank in course/Men: 35 (of 102)

Best time in course: 1:23:07

Rank in category: 36(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	-	10:07	-	60	3:18	60	3:18	-	10:07	-	60	3:18	60	3:18
Dalsnuten	-	15:23	-	50	4:17	50	4:17	-	25:30	-	50	7:35	50	7:35
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	36:29	-	47	9:23	47	9:23
Gramstad mellor	-	7:32	-	30	1:50	30	1:50	-	44:01	-	47	11:13	47	11:13
Kollirudla	-	10:30	-	39	2:04	39	2:04	-	54:31	-	46	13:17	46	13:17
Mattisrudlå	-	23:14	-	35	5:46	35	5:46	-	1:17:45	-	40	19:03	40	19:03
Bjørndalsfjellet	-	12:06	-	32	2:34	32	2:34	-	1:29:51	-	37	21:37	37	21:37
Gramstadtjønna	-	16:56	-	17	3:45	17	3:45	-	1:46:47	-	33	25:22	33	25:22
Finish	-	3:24	-	95	1:52	95	1:52	13.00	1:50:11	-	35	27:04	35	27:04