



7nutslopet 2017  
Gramstad / 09.09.2017

Detailed evaluation

Joachim Bjordal

Club: Lundehaugen ungdomsskole  
Number: 138

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:50:15

Speed: 7.07 km/h  
Running performance: 8:29 min/km

Rank in course/Total: 40 (of 155)

Rank in course/Men: 37 (of 102)

Best time in course: 1:23:07

Rank in category: 38(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	-	8:49	-	30	2:00	30	2:00	-	8:49	-	30	2:00	30	2:00
Dalsnuten	-	14:22	-	30	3:16	30	3:16	-	23:11	-	30	5:16	30	5:16
Øvre Eikenuten	-	11:43	-	54	2:32	54	2:32	-	34:54	-	35	7:48	35	7:48
Gramstad mellor	-	7:45	-	37	2:03	37	2:03	-	42:39	-	36	9:51	36	9:51
Kollirudla	-	10:24	-	35	1:58	35	1:58	-	53:03	-	37	11:49	37	11:49
Mattisrudlå	-	23:35	-	36	6:07	36	6:07	-	1:16:38	-	36	17:56	36	17:56
Bjørndalsfjellet	-	12:03	-	31	2:31	31	2:31	-	1:28:41	-	34	20:27	34	20:27
Gramstadtjønna	-	19:19	-	45	6:08	45	6:08	-	1:48:00	-	37	26:35	37	26:35
Finish	-	2:15	-	65	0:43	65	0:43	13.00	1:50:15	-	37	27:08	37	27:08