



7nutslopet 2017
Gramstad / 09.09.2017

Detailed evaluation

Asgeir Garvik

Club: WSSK
Number: 15

Course: 13.00 km
7nutsløpet

Category:
Mann

Total time: 1:50:56

Speed: 7.03 km/h
Running performance: 8:32 min/km

Rank in course/Total: 41 (of 155)

Rank in course/Men: 38 (of 102)

Best time in course: 1:23:07

Rank in category: 39(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	-	9:07	-	37	2:18	37	2:18	-	9:07	-	37	2:18	37	2:18	
Dalsnuten	-	14:40	-	36	3:34	36	3:34	-	23:47	-	36	5:52	36	5:52	
Øvre Eikenuten	-	10:50	-	27	1:39	27	1:39	-	34:37	-	32	7:31	32	7:31	
Gramstad mellor	-	7:34	-	33	1:52	33	1:52	-	42:11	-	32	9:23	32	9:23	
Kollirudla	-	10:03	-	28	1:37	28	1:37	-	52:14	-	32	11:00	32	11:00	
Mattisrudlå	-	24:19	-	44	6:51	44	6:51	-	1:16:33	-	33	17:51	33	17:51	
Bjørndalsfjellet	-	13:09	-	47	3:37	47	3:37	-	1:29:42	-	36	21:28	36	21:28	
Gramstadtjønna	-	19:18	-	44	6:07	44	6:07	-	1:49:00	-	38	27:35	38	27:35	
Finish	-	1:56	-	30	0:24	30	0:24	13.00	1:50:56	-	38	27:49	38	27:49	