



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

John Olav Haga

Number: 131

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 2:01:57

Speed: 6.40 km/h  
Running performance: 9:23 min/km

Rank in course/Total: 70 (of 155)

Rank in course/Men: 57 (of 102)

Best time in course: 1:23:07

Rank in category: 58(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	-	11:35	-	82	4:46	82	4:46	-	11:35	-	82	4:46	82	4:46
Dalsnuten	-	16:49	-	67	5:43	67	5:43	-	28:24	-	75	10:29	75	10:29
Øvre Eikenuten	-	11:54	-	57	2:43	57	2:43	-	40:18	-	66	13:12	66	13:12
Gramstad mellor	-	8:30	-	59	2:48	59	2:48	-	48:48	-	64	16:00	64	16:00
Kollirudla	-	11:23	-	59	2:57	59	2:57	-	1:00:11	-	61	18:57	61	18:57
Mattisrudlå	-	25:10	-	55	7:42	55	7:42	-	1:25:21	-	61	26:39	61	26:39
Bjørndalsfjellet	-	13:47	-	55	4:15	55	4:15	-	1:39:08	-	61	30:54	61	30:54
Gramstadtjønna	-	20:35	-	52	7:24	52	7:24	-	1:59:43	-	56	38:18	56	38:18
Finish	-	2:14	-	61	0:42	61	0:42	13.00	2:01:57	-	58	38:50	58	38:50