



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Håvard Erga

Club: Bryne Cykle Klubb  
Number: 47

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 3:03:31

Speed: 4.25 km/h  
Running performance: 14:07 min/km

Rank in course/Total: 132 (of 155)

Rank in course/Men: 95 (of 102)

Best time in course: 1:23:07

Rank in category: 96(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.	Stage score		Total		Total		Total		Total ranking	
						Pos Men	Behind Men	km	Time	min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Fodgstadnuten	-	14:56	-	100	8:07	100	8:07	-	14:56	-	100	8:07	100	8:07	
Dalsnuten	-	25:13	-	100	14:07	100	14:07	-	40:09	-	100	22:14	100	22:14	
Øvre Eikenuten	-	19:24	-	97	10:13	97	10:13	-	59:33	-	99	32:27	99	32:27	
Gramstad mellor	-	12:41	-	98	6:59	98	6:59	-	1:12:14	-	100	39:26	100	39:26	
Kollirudla	-	14:25	-	95	5:59	95	5:59	-	1:26:39	-	98	45:25	98	45:25	
Mattisrudlå	-	36:19	-	96	18:51	96	18:51	-	2:02:58	-	96	1:04:16	96	1:04:16	
Bjørndalsfjellet	-	23:10	-	97	13:38	97	13:38	-	2:26:08	-	96	1:17:54	96	1:17:54	
Gramstadtjønna	-	34:30	-	95	21:19	95	21:19	-	3:00:38	-	95	1:39:13	95	1:39:13	
Finish	-	2:53	-	91	1:21	91	1:21	13.00	3:03:31	-	97	1:40:24	97	1:40:24	