



7nutslopet 2017  
Gramstad / 09.09.2017

## Detailed evaluation

### Håvard Svihus

Club: Frøyland Ski & Fritid  
Number: 67

Course: 13.00 km  
7nutsløpet

Category:  
Mann

Total time: 1:50:57

Speed: 7.03 km/h  
Running performance: 8:33 min/km

Rank in course/Total: 42 (of 155)

Rank in course/Men: 39 (of 102)

Best time in course: 1:23:07

Rank in category: 40(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	-	9:53	-	52	3:04	52	3:04	-	9:53	-	52	3:04	52	3:04	
Dalsnuten	-	15:11	-	44	4:05	44	4:05	-	25:04	-	47	7:09	47	7:09	
Øvre Eikenuten	-	11:28	-	48	2:17	48	2:17	-	36:32	-	49	9:26	49	9:26	
Gramstad mellor	-	7:33	-	32	1:51	32	1:51	-	44:05	-	49	11:17	49	11:17	
Kollirudla	-	10:06	-	29	1:40	29	1:40	-	54:11	-	44	12:57	44	12:57	
Mattisrudlå	-	23:41	-	38	6:13	38	6:13	-	1:17:52	-	41	19:10	41	19:10	
Bjørndalsfjellet	-	12:58	-	44	3:26	44	3:26	-	1:30:50	-	41	22:36	41	22:36	
Gramstadtjønna	-	18:15	-	31	5:04	31	5:04	-	1:49:05	-	39	27:40	39	27:40	
Finish	-	1:52	-	20	0:20	20	0:20	13.00	1:50:57	-	39	27:50	39	27:50	