



7nutslopet 2017  
Gramstad / 09.09.2017

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Cato Dahle

□□: Team Lord  
□□: 128

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:51:26

□□: 7.00 km/h  
□□□□: 8:35 min/km

□□□□□/□□□: 45 (of 155)

□□□□□/□: 40 (of 102)

□□□□□□: 1:23:07

□□□□□: 41(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:04	-	75	4:15	75	4:15	-	11:04	-	75	4:15	75	4:15	
Dalsnuten	-	14:41	-	37	3:35	37	3:35	-	25:45	-	53	7:50	53	7:50	
Øvre Eikenuten	-	10:46	-	23	1:35	23	1:35	-	36:31	-	48	9:25	48	9:25	
Gramstad mellor	-	7:25	-	24	1:43	24	1:43	-	43:56	-	46	11:08	46	11:08	
Kollirudla	-	10:39	-	42	2:13	42	2:13	-	54:35	-	47	13:21	47	13:21	
Mattisrudlå	-	24:05	-	43	6:37	43	6:37	-	1:18:40	-	43	19:58	43	19:58	
Bjørndalsfjellet	-	12:41	-	39	3:09	39	3:09	-	1:31:21	-	44	23:07	44	23:07	
Gramstadtjønna	-	18:04	-	27	4:53	27	4:53	-	1:49:25	-	40	28:00	40	28:00	
Finish	-	2:01	-	40	0:29	40	0:29	13.00	1:51:26	-	40	28:19	40	28:19	