



7nutslopet 2017

Gramstad / 09.09.2017

0000

Terje Stølen

00: 23

00: 13.00 km

7nutsløpet

0000:

Mann

000: 1:51:37

00: 6.99 km/h

0000: 8:36 min/km

00000/000: 46 (of 155)

00000/0: 41 (of 102)

000000: 1:23:07

00000: 42(of 102)

0000000: 1:23:07

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Fodgstadnuten	-	9:07	-	37	2:18	37	2:18	-	9:07	-	37	2:18	37	2:18
Dalsnuten	-	14:28	-	32	3:22	32	3:22	-	23:35	-	33	5:40	33	5:40
Øvre Eikenuten	-	11:22	-	46	2:11	46	2:11	-	34:57	-	36	7:51	36	7:51
Gramstad mellor	-	7:24	-	23	1:42	23	1:42	-	42:21	-	34	9:33	34	9:33
Kollirudla	-	10:37	-	41	2:11	41	2:11	-	52:58	-	35	11:44	35	11:44
Mattisrudlå	-	24:24	-	45	6:56	45	6:56	-	1:17:22	-	37	18:40	37	18:40
Bjørndalsfjellet	-	13:11	-	48	3:39	48	3:39	-	1:30:33	-	39	22:19	39	22:19
Gramstad tjønna	-	19:07	-	41	5:56	41	5:56	-	1:49:40	-	41	28:15	41	28:15
Finish	-	1:57	-	32	0:25	32	0:25	13.00	1:51:37	-	41	28:30	41	28:30