



7nutslopet 2017
Gramstad / 09.09.2017

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Erling Svela

□□: Kondis
□□: 170

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:56:40

□□: 6.69 km/h
□□□□: 8:59 min/km

□□□□□/□□□: 55 (of 155)

□□□□□/□: 49 (of 102)

□□□□□□: 1:23:07

□□□□□: 50(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:44	-	46	2:55	46	2:55	-	9:44	-	46	2:55	46	2:55
Dalsnuten	-	15:30	-	52	4:24	52	4:24	-	25:14	-	48	7:19	48	7:19
Øvre Eikenuten	-	11:39	-	52	2:28	52	2:28	-	36:53	-	52	9:47	52	9:47
Gramstad mellor	-	8:02	-	50	2:20	50	2:20	-	44:55	-	51	12:07	51	12:07
Kollirudla	-	10:44	-	48	2:18	48	2:18	-	55:39	-	48	14:25	48	14:25
Mattisrudlå	-	25:13	-	57	7:45	57	7:45	-	1:20:52	-	47	22:10	47	22:10
Bjørndalsfjellet	-	13:33	-	51	4:01	51	4:01	-	1:34:25	-	47	26:11	47	26:11
Gramstadtjønna	-	20:20	-	51	7:09	51	7:09	-	1:54:45	-	49	33:20	49	33:20
Finish	-	1:55	-	29	0:23	29	0:23	13.00	1:56:40	-	49	33:33	49	33:33