



7nutslopet 2017
Gramstad / 09.09.2017

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Stig Bjønness

□□: Modne Menn Springarlag

□□: 65

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:56:41

□□: 6.68 km/h

□□□□: 8:59 min/km

□□□□□/□□□: 56 (of 155)

□□□□□/□: 50 (of 102)

□□□□□□: 1:23:07

□□□□□: 51(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:22	-	80	4:33	80	4:33	-	11:22	-	80	4:33	80	4:33	
Dalsnuten	-	15:53	-	56	4:47	56	4:47	-	27:15	-	67	9:20	67	9:20	
Øvre Eikenuten	-	11:57	-	58	2:46	58	2:46	-	39:12	-	58	12:06	58	12:06	
Gramstad mellor	-	8:01	-	47	2:19	47	2:19	-	47:13	-	58	14:25	58	14:25	
Kollirudla	-	10:43	-	45	2:17	45	2:17	-	57:56	-	57	16:42	57	16:42	
Mattisrudlå	-	24:34	-	49	7:06	49	7:06	-	1:22:30	-	53	23:48	53	23:48	
Bjørndalsfjellet	-	13:08	-	46	3:36	46	3:36	-	1:35:38	-	51	27:24	51	27:24	
Gramstadtjønna	-	19:09	-	42	5:58	42	5:58	-	1:54:47	-	50	33:22	50	33:22	
Finish	-	1:54	-	25	0:22	25	0:22	13.00	1:56:41	-	50	33:34	50	33:34	