



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Jone Voll Joakimsen

□□: Lyse BIL
□□: 71

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:58:23

□□: 6.59 km/h
□□□□: 9:07 min/km

□□□□□/□□□: 60 (of 155)

□□□□□/□: 52 (of 102)

□□□□□□: 1:23:07

□□□□□: 53(of 102)

□□□□□□□: 1:23:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:15	-	62	3:26	62	3:26	-	10:15	-	62	3:26	62	3:26	
Dalsnuten	-	15:39	-	54	4:33	54	4:33	-	25:54	-	55	7:59	55	7:59	
Øvre Eikenuten	-	11:42	-	53	2:31	53	2:31	-	37:36	-	55	10:30	55	10:30	
Gramstad mellor	-	8:23	-	58	2:41	58	2:41	-	45:59	-	55	13:11	55	13:11	
Kollirudla	-	11:01	-	53	2:35	53	2:35	-	57:00	-	52	15:46	52	15:46	
Mattisrudlå	-	24:50	-	52	7:22	52	7:22	-	1:21:50	-	51	23:08	51	23:08	
Bjørndalsfjellet	-	13:56	-	59	4:24	59	4:24	-	1:35:46	-	52	27:32	52	27:32	
Gramstadtjønna	-	20:37	-	54	7:26	54	7:26	-	1:56:23	-	52	34:58	52	34:58	
Finish	-	2:00	-	37	0:28	37	0:28	13.00	1:58:23	-	52	35:16	52	35:16	