



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Atle Rittedal

□□□: 2:05:03

□□: 183

□□: 6.24 km/h

□□□□: 9:38 min/km

□□: 13.00 km

□□□□□/□□□: 77 (of 155)

7nutsløpet

□□□□□/□: 64 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 65(of 102)

Mann

□□□□□□□: 1:23:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:03	-	57	3:14	57	3:14	-	10:03	-	57	3:14	57	3:14	
Dalsnuten	-	17:10	-	72	6:04	72	6:04	-	27:13	-	66	9:18	66	9:18	
Øvre Eikenuten	-	13:19	-	73	4:08	73	4:08	-	40:32	-	68	13:26	68	13:26	
Gramstad mellor	-	9:11	-	72	3:29	72	3:29	-	49:43	-	72	16:55	72	16:55	
Kollirudla	-	11:14	-	56	2:48	56	2:48	-	1:00:57	-	67	19:43	67	19:43	
Mattisrudlå	-	25:55	-	62	8:27	62	8:27	-	1:26:52	-	65	28:10	65	28:10	
Bjørndalsfjellet	-	13:50	-	56	4:18	56	4:18	-	1:40:42	-	65	32:28	65	32:28	
Gramstadtjønna	-	22:21	-	64	9:10	64	9:10	-	2:03:03	-	64	41:38	64	41:38	
Finish	-	2:00	-	37	0:28	37	0:28	13.00	2:05:03	-	65	41:56	65	41:56	