



7nutslopet 2017  
Gramstad / 09.09.2017

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Roy Løvland

□□: STriK

□□: 137

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:06:21

□□: 6.17 km/h

□□□□: 9:44 min/km

□□□□□/□□□: 80 (of 155)

□□□□□/□: 66 (of 102)

□□□□□□: 1:23:07

□□□□□: 67(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:53	-	71	4:04	71	4:04	-	10:53	-	71	4:04	71	4:04	
Dalsnuten	-	16:51	-	68	5:45	68	5:45	-	27:44	-	71	9:49	71	9:49	
Øvre Eikenuten	-	12:40	-	63	3:29	63	3:29	-	40:24	-	67	13:18	67	13:18	
Gramstad mellor	-	9:07	-	71	3:25	71	3:25	-	49:31	-	69	16:43	69	16:43	
Kollirudla	-	11:36	-	67	3:10	67	3:10	-	1:01:07	-	69	19:53	69	19:53	
Mattisrudlå	-	25:50	-	61	8:22	61	8:22	-	1:26:57	-	66	28:15	66	28:15	
Bjørndalsfjellet	-	14:59	-	70	5:27	70	5:27	-	1:41:56	-	68	33:42	68	33:42	
Gramstadtjønna	-	22:09	-	62	8:58	62	8:58	-	2:04:05	-	66	42:40	66	42:40	
Finish	-	2:16	-	68	0:44	68	0:44	13.00	2:06:21	-	67	43:14	67	43:14	