



7nutslopet 2017  
Gramstad / 09.09.2017

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Lars Wilberg

□□: Tempo Triathlon Club  
□□: 171

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 2:07:41

□□: 6.11 km/h  
□□□□: 9:50 min/km

□□□□□/□□□: 83 (of 155)

□□□□□/□: 68 (of 102)

□□□□□□: 1:23:07

□□□□□: 69(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:52	-	70	4:03	70	4:03	-	10:52	-	70	4:03	70	4:03	
Dalsnuten	-	16:48	-	66	5:42	66	5:42	-	27:40	-	70	9:45	70	9:45	
Øvre Eikenuten	-	12:24	-	60	3:13	60	3:13	-	40:04	-	63	12:58	63	12:58	
Gramstad mellor	-	8:34	-	62	2:52	62	2:52	-	48:38	-	62	15:50	62	15:50	
Kollirudla	-	12:13	-	81	3:47	81	3:47	-	1:00:51	-	66	19:37	66	19:37	
Mattisrudlå	-	26:44	-	64	9:16	64	9:16	-	1:27:35	-	68	28:53	68	28:53	
Bjørndalsfjellet	-	14:51	-	69	5:19	69	5:19	-	1:42:26	-	69	34:12	69	34:12	
Gramstadtjønna	-	23:07	-	68	9:56	68	9:56	-	2:05:33	-	68	44:08	68	44:08	
Finish	-	2:08	-	52	0:36	52	0:36	13.00	2:07:41	-	69	44:34	69	44:34	