



7nutslopet 2017
Gramstad / 09.09.2017

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Jakob Korsgaard

□□: Tempo Triathlon Club

□□: 178

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:21:04

□□: 5.53 km/h

□□□□: 10:52 min/km

□□□□□/□□□: 101 (of 155)

□□□□□/□: 78 (of 102)

□□□□□□: 1:23:07

□□□□□: 79(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:11	-	76	4:22	76	4:22	-	11:11	-	76	4:22	76	4:22	
Dalsnuten	-	18:22	-	84	7:16	84	7:16	-	29:33	-	85	11:38	85	11:38	
Øvre Eikenuten	-	16:50	-	89	7:39	89	7:39	-	46:23	-	86	19:17	86	19:17	
Gramstad mellor	-	9:40	-	82	3:58	82	3:58	-	56:03	-	84	23:15	84	23:15	
Kollirudla	-	11:52	-	72	3:26	72	3:26	-	1:07:55	-	80	26:41	80	26:41	
Mattisrudlå	-	28:22	-	78	10:54	78	10:54	-	1:36:17	-	80	37:35	80	37:35	
Bjørndalsfjellet	-	15:49	-	78	6:17	78	6:17	-	1:52:06	-	80	43:52	80	43:52	
Gramstadtjønna	-	26:47	-	80	13:36	80	13:36	-	2:18:53	-	80	57:28	80	57:28	
Finish	-	2:11	-	59	0:39	59	0:39	13.00	2:21:04	-	79	57:57	79	57:57	