



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

Egil Myhre

□□: 82

□□: 13.00 km  
7nutsløpet

□□□□:

Mann

□□□: 2:21:25

□□: 5.52 km/h

□□□□: 10:53 min/km

□□□□□/□□□: 104 (of 155)

□□□□□/□: 80 (of 102)

□□□□□□: 1:23:07

□□□□□: 81(of 102)

□□□□□□□: 1:23:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:41	-	66	3:52	66	3:52	-	10:41	-	66	3:52	66	3:52
Dalsnuten	-	18:33	-	87	7:27	87	7:27	-	29:14	-	83	11:19	83	11:19
Øvre Eikenuten	-	16:45	-	87	7:34	87	7:34	-	45:59	-	82	18:53	82	18:53
Gramstad mellor	-	9:56	-	84	4:14	84	4:14	-	55:55	-	82	23:07	82	23:07
Kollirudla	-	12:38	-	85	4:12	85	4:12	-	1:08:33	-	82	27:19	82	27:19
Mattisrudlå	-	29:32	-	81	12:04	81	12:04	-	1:38:05	-	83	39:23	83	39:23
Bjørndalsfjellet	-	16:11	-	79	6:39	79	6:39	-	1:54:16	-	81	46:02	81	46:02
Gramstadtjønna	-	24:33	-	76	11:22	76	11:22	-	2:18:49	-	79	57:24	79	57:24
Finish	-	2:36	-	84	1:04	84	1:04	13.00	2:21:25	-	81	58:18	81	58:18