



7nutslopet 2017
Gramstad / 09.09.2017

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Henrik Emil Rosså

□□□: 2:26:06

□□: 156

□□: 5.34 km/h

□□□□: 11:15 min/km

□□: 13.00 km

□□□□□/□□□: 109 (of 155)

7nutsløpet

□□□□□/□: 82 (of 102)

□□□□□□: 1:23:07

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□□□□□: 83(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:51	-	50	3:02	50	3:02	-	9:51	-	50	3:02	50	3:02
Dalsnuten	-	17:45	-	82	6:39	82	6:39	-	27:36	-	68	9:41	68	9:41
Øvre Eikenuten	-	14:32	-	77	5:21	77	5:21	-	42:08	-	75	15:02	75	15:02
Gramstad mellor	-	9:38	-	80	3:56	80	3:56	-	51:46	-	75	18:58	75	18:58
Kollirudla	-	15:05	-	96	6:39	96	6:39	-	1:06:51	-	77	25:37	77	25:37
Mattisrudlå	-	29:58	-	83	12:30	83	12:30	-	1:36:49	-	81	38:07	81	38:07
Bjørndalsfjellet	-	19:56	-	92	10:24	92	10:24	-	1:56:45	-	83	48:31	83	48:31
Gramstadtjønna	-	26:49	-	81	13:38	81	13:38	-	2:23:34	-	82	1:02:09	82	1:02:09
Finish	-	2:32	-	80	1:00	80	1:00	13.00	2:26:06	-	84	1:02:59	84	1:02:59