



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Sven Erik Nordbø

□□: Leeds United
□□: 113

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 2:35:53

□□: 5.00 km/h
□□□□: 12:00 min/km

□□□□□/□□□: 119 (of 155)

□□□□□/□: 89 (of 102)

□□□□□□: 1:23:07

□□□□□: 90(of 102)

□□□□□□□: 1:23:07

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:55	-	53	3:06	53	3:06	-	9:55	-	53	3:06	53	3:06
Dalsnuten	-	18:29	-	86	7:23	86	7:23	-	28:24	-	75	10:29	75	10:29
Øvre Eikenuten	-	18:25	-	93	9:14	93	9:14	-	46:49	-	88	19:43	88	19:43
Gramstad mellor	-	11:37	-	93	5:55	93	5:55	-	58:26	-	89	25:38	89	25:38
Kollirudla	-	12:57	-	87	4:31	87	4:31	-	1:11:23	-	91	30:09	91	30:09
Mattisrudlå	-	32:49	-	92	15:21	92	15:21	-	1:44:12	-	91	45:30	91	45:30
Bjørndalsfjellet	-	18:51	-	88	9:19	88	9:19	-	2:03:03	-	90	54:49	90	54:49
Gramstadtjønna	-	30:27	-	91	17:16	91	17:16	-	2:33:30	-	89	1:12:05	89	1:12:05
Finish	-	2:23	-	73	0:51	73	0:51	13.00	2:35:53	-	91	1:12:46	91	1:12:46