



7nutslopet 2017
Gramstad / 09.09.2017

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Henrik A Rosså

□□: Team Rosså

□□: 155

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:50:40

□□: 4.57 km/h

□□□□: 13:08 min/km

□□□□□/□□□: 124 (of 155)

□□□□□/□: 92 (of 102)

□□□□□□: 1:23:07

□□□□□: 93(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	13:02	-	96	6:13	96	6:13	-	13:02	-	96	6:13	96	6:13	
Dalsnuten	-	22:55	-	97	11:49	97	11:49	-	35:57	-	96	18:02	96	18:02	
Øvre Eikenuten	-	19:09	-	95	9:58	95	9:58	-	55:06	-	96	28:00	96	28:00	
Gramstad mellor	-	12:17	-	95	6:35	95	6:35	-	1:07:23	-	96	34:35	96	34:35	
Kollirudla	-	14:21	-	94	5:55	94	5:55	-	1:21:44	-	93	40:30	93	40:30	
Mattisrudlå	-	36:10	-	94	18:42	94	18:42	-	1:57:54	-	93	59:12	93	59:12	
Bjørndalsfjellet	-	21:26	-	93	11:54	93	11:54	-	2:19:20	-	94	1:11:06	94	1:11:06	
Gramstadtjønna	-	27:30	-	84	14:19	84	14:19	-	2:46:50	-	92	1:25:25	92	1:25:25	
Finish	-	3:50	-	96	2:18	96	2:18	13.00	2:50:40	-	94	1:27:33	94	1:27:33	