



7nutslopet 2017
Gramstad / 09.09.2017

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Matthew Goodman

□□□: 3:04:09

□□: 160

□□: 4.24 km/h

□□□□: 14:10 min/km

□□: 13.00 km

□□□□□/□□□: 134 (of 155)

7nutsløpet

□□□□□/□: 97 (of 102)

□□□□□□: 1:23:07

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□□□□□: 98(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	13:56	-	97	7:07	97	7:07	-	13:56	-	97	7:07	97	7:07
Dalsnuten	-	23:46	-	98	12:40	98	12:40	-	37:42	-	98	19:47	98	19:47
Øvre Eikenuten	-	21:30	-	100	12:19	100	12:19	-	59:12	-	98	32:06	98	32:06
Gramstad mellor	-	11:49	-	94	6:07	94	6:07	-	1:11:01	-	98	38:13	98	38:13
Kollirudla	-	16:09	-	97	7:43	97	7:43	-	1:27:10	-	99	45:56	99	45:56
Mattisrudlå	-	37:54	-	97	20:26	97	20:26	-	2:05:04	-	98	1:06:22	98	1:06:22
Bjørndalsfjellet	-	22:48	-	96	13:16	96	13:16	-	2:27:52	-	98	1:19:38	98	1:19:38
Gramstadtjønna	-	33:23	-	93	20:12	93	20:12	-	3:01:15	-	97	1:39:50	97	1:39:50
Finish	-	2:54	-	92	1:22	92	1:22	13.00	3:04:09	-	99	1:41:02	99	1:41:02