



7nutslopet 2017
Gramstad / 09.09.2017

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Stian Gilje

□□: Tempo Triathlon Club
□□: 181

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:30:16

□□: 8.64 km/h
□□□□: 6:57 min/km

□□□□□/□□□: 2 (of 155)

□□□□□/□: 2 (of 102)

□□□□□□: 1:23:07

□□□□□: 2(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	7:17	-	4	0:28	4	0:28	-	7:17	-	4	0:28	4	0:28
Dalsnuten	-	12:13	-	2	1:07	2	1:07	-	19:30	-	2	1:35	2	1:35
Øvre Eikenuten	-	10:46	-	23	1:35	23	1:35	-	30:16	-	4	3:10	4	3:10
Gramstad mellor	-	6:14	-	3	0:32	3	0:32	-	36:30	-	2	3:42	2	3:42
Kollirudla	-	8:43	-	5	0:17	5	0:17	-	45:13	-	4	3:59	4	3:59
Mattisrudlå	-	19:16	-	2	1:48	2	1:48	-	1:04:29	-	2	5:47	2	5:47
Bjørndalsfjellet	-	9:40	-	2	0:08	2	0:08	-	1:14:09	-	2	5:55	2	5:55
Gramstadtjønna	-	14:29	-	2	1:18	2	1:18	-	1:28:38	-	2	7:13	2	7:13
Finish	-	1:38	-	2	0:06	2	0:06	13.00	1:30:16	-	2	7:09	2	7:09