



7nutslopet 2017
Gramstad / 09.09.2017

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Torstein Håland

□□: Bryne Triatlonklubb

□□: 10

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:32:42

□□: 8.41 km/h

□□□□: 7:08 min/km

□□□□□/□□□□: 5 (of 155)

□□□□□/□: 5 (of 102)

□□□□□□: 1:23:07

□□□□□: 5(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	7:21	-	6	0:32	6	0:32	-	7:21	-	6	0:32	6	0:32	
Dalsnuten	-	12:43	-	6	1:37	6	1:37	-	20:04	-	6	2:09	6	2:09	
Øvre Eikenuten	-	10:15	-	11	1:04	11	1:04	-	30:19	-	5	3:13	5	3:13	
Gramstad mellor	-	6:13	-	2	0:31	2	0:31	-	36:32	-	4	3:44	4	3:44	
Kollirudla	-	8:38	-	3	0:12	3	0:12	-	45:10	-	2	3:56	2	3:56	
Mattisrudlå	-	19:24	-	5	1:56	5	1:56	-	1:04:34	-	4	5:52	4	5:52	
Bjørndalsfjellet	-	9:46	-	3	0:14	3	0:14	-	1:14:20	-	4	6:06	4	6:06	
Gramstadtjønna	-	15:59	-	10	2:48	10	2:48	-	1:30:19	-	5	8:54	5	8:54	
Finish	-	2:23	-	73	0:51	73	0:51	13.00	1:32:42	-	5	9:35	5	9:35	