



7nutslopet 2017
Gramstad / 09.09.2017

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Gunnar Aschjem

□□: Stavanger Triatlonklubb

□□: 108

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:34:37

□□: 8.24 km/h

□□□□: 7:17 min/km

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□□□□□/□: 6 (of 102)

□□□□□□: 1:23:07

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □	□□ □	□□□ km	□□□ □□ min/km	□□□ -	□□ -	□□ □	□□ □		
Fodgstadnuten	-	7:11	-	3	0:22	3	0:22	-	7:11	-	3	0:22	3	0:22
Dalsnuten	-	12:31	-	5	1:25	5	1:25	-	19:42	-	4	1:47	4	1:47
Øvre Eikenuten	-	10:31	-	17	1:20	17	1:20	-	30:13	-	2	3:07	2	3:07
Gramstad mellor	-	6:18	-	4	0:36	4	0:36	-	36:31	-	3	3:43	3	3:43
Kollirudla	-	8:44	-	6	0:18	6	0:18	-	45:15	-	5	4:01	5	4:01
Mattisrudlå	-	19:44	-	6	2:16	6	2:16	-	1:04:59	-	6	6:17	6	6:17
Bjørndalsfjellet	-	10:16	-	6	0:44	6	0:44	-	1:15:15	-	6	7:01	6	7:01
Gramstadtjønna	-	17:16	-	18	4:05	18	4:05	-	1:32:31	-	6	11:06	6	11:06
Finish	-	2:06	-	47	0:34	47	0:34	13.00	1:34:37	-	6	11:30	6	11:30