



7nutslopet 2017

Gramstad / 09.09.2017

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Anders Ekkje Slettebø

□□: Øl og kondis

□□: 11

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 1:45:23

□□: 7.40 km/h

□□□□: 8:07 min/km

□□□□□/□□□: 31 (of 155)

□□□□□/□: 29 (of 102)

□□□□□□: 1:23:07

□□□□□: 30(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:05	-	36	2:16	36	2:16	-	9:05	-	36	2:16	36	2:16	
Dalsnuten	-	13:45	-	20	2:39	20	2:39	-	22:50	-	27	4:55	27	4:55	
Øvre Eikenuten	-	11:18	-	42	2:07	42	2:07	-	34:08	-	28	7:02	28	7:02	
Gramstad mellor	-	7:25	-	24	1:43	24	1:43	-	41:33	-	28	8:45	28	8:45	
Kollirudla	-	10:24	-	35	1:58	35	1:58	-	51:57	-	29	10:43	29	10:43	
Mattisrudlå	-	22:02	-	25	4:34	25	4:34	-	1:13:59	-	29	15:17	29	15:17	
Bjørndalsfjellet	-	11:30	-	24	1:58	24	1:58	-	1:25:29	-	29	17:15	29	17:15	
Gramstad tjønna	-	18:05	-	28	4:54	28	4:54	-	1:43:34	-	29	22:09	29	22:09	
Finish	-	1:49	-	17	0:17	17	0:17	13.00	1:45:23	-	29	22:16	29	22:16	