



7nutslopet 2017
Gramstad / 09.09.2017

□□□□

Joachim Bjordal

□□: Lundehaugen ungdomsskole
□□: 138

Enduro Long Men

□□□□:
Mann

□□□: 1:50:15

□□: - km/h
□□□□: 8:29 min/km

□□□□□/□□□: 40 (of 155)

□□□□□/□: 37 (of 102)

□□□□□□: 1:23:07

□□□□□: 38(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:49	-	30	2:00	30	2:00	-	8:49	-	30	2:00	30	2:00	
Dalsnuten	-	14:22	-	30	3:16	30	3:16	-	23:11	-	30	5:16	30	5:16	
Øvre Eikenuten	-	11:43	-	54	2:32	54	2:32	-	34:54	-	35	7:48	35	7:48	
Gramstad mellor	-	7:45	-	37	2:03	37	2:03	-	42:39	-	36	9:51	36	9:51	
Kollirudla	-	10:24	-	35	1:58	35	1:58	-	53:03	-	37	11:49	37	11:49	
Mattisrudlå	-	23:35	-	36	6:07	36	6:07	-	1:16:38	-	36	17:56	36	17:56	
Bjørndalsfjellet	-	12:03	-	31	2:31	31	2:31	-	1:28:41	-	34	20:27	34	20:27	
Gramstadtjønna	-	19:19	-	45	6:08	45	6:08	-	1:48:00	-	37	26:35	37	26:35	
Finish	-	2:15	-	65	0:43	65	0:43	-	1:50:15	-	37	27:08	37	27:08	