



280 Remington (7mm Remington Express)

.284"	7mm
	TNT® HP
Weight (grains)	110
Ballistic Coefficient	0.384
Sectional Density	0.195
COAL Tested	3.300"
Speer Part No.	1616

Propellant	Case	Primer	START CHARGE		MAXIMUM CHARGE	
			Weight (grains)	Muzzle Velocity (feet/sec)	Weight (grains)	Muzzle Velocity (feet/sec)
Alliant Reloder 16	Federal	Federal 210	53.4	3050	59.3	3381
Alliant Power Pro 4000-MR	Federal	Federal 210	53.7	2981	58.6	3302
Alliant Reloder 19	Remington	CCI 200	59.0	2991	63.0 C	3286
Alliant Reloder 17	Federal	Federal 210	52.9	3054	56.7	3279
Hodgdon H4350	Remington	CCI 200	55.0	2963	59.0	3261
Alliant Reloder 15	Federal	Federal 210	47.6	2988	52.5	3257
IMR 4831	Remington	CCI 200	60.0	3117	62.0 C	3237
IMR 4350	Remington	CCI 200	55.0	2912	59.0	3215
Alliant AR-Comp	Federal	Federal 210	44.5	3025	48.6	3213
IMR 4064	Remington	CCI 200	47.0	2950	51.0	3196
Winchester 760	Remington	CCI 250	53.0	2971	57.0	3190
Accurate 4350	Remington	CCI 200	56.0	2872	60.0	3187
Accurate 3100	Remington	CCI 200	60.0	3043	62.0 C	3143
IMR 4895	Remington	CCI 200	45.0	2883	49.0	3133
IMR 3031	Remington	CCI 200	44.0	2814	48.0	3061
Hodgdon Varget	Remington	CCI 200	45.0	2773	49.0	3026

WARNING: Improper handloading practices can result in serious personal injury and/or property damage. Refer to the current SPEER® Reloading Manual for handloading instructions. Be thoroughly familiar with those instructions before using these loads. As Vista Outdoor Operations LLC has no control over individual handloading practices or the condition of firearms in which the resulting ammo may be used, we disclaim all liability for any damages that may result from the use of this information.

Maximum loads should be used with CAUTION • C = Compressed Load