



7nutslopet 2017
Gramstad / 09.09.2017

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Andreas Tjeldflåt Kvalbein

□□: Sandnes IL
□□: 185

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:52:16

□□: 6.95 km/h
□□□□: 8:39 min/km

□□□□□/□□□: 48 (of 155)

□□□□□/□: 43 (of 102)

□□□□□□: 1:23:07

□□□□□: 44(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:54	-	31	2:05	31	2:05	-	8:54	-	31	2:05	31	2:05
Dalsnuten	-	15:05	-	41	3:59	41	3:59	-	23:59	-	40	6:04	40	6:04
Øvre Eikenuten	-	11:12	-	41	2:01	41	2:01	-	35:11	-	40	8:05	40	8:05
Gramstad mellor	-	8:05	-	53	2:23	53	2:23	-	43:16	-	40	10:28	40	10:28
Kollirudla	-	10:43	-	45	2:17	45	2:17	-	53:59	-	41	12:45	41	12:45
Mattisrudlå	-	24:44	-	50	7:16	50	7:16	-	1:18:43	-	44	20:01	44	20:01
Bjørndalsfjellet	-	12:36	-	38	3:04	38	3:04	-	1:31:19	-	43	23:05	43	23:05
Gramstadtjønna	-	18:25	-	35	5:14	35	5:14	-	1:49:44	-	42	28:19	42	28:19
Finish	-	2:32	-	80	1:00	80	1:00	13.00	1:52:16	-	43	29:09	43	29:09