



7nutslopet 2017
Gramstad / 09.09.2017

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Rune Idsø

□□: Haugaland Kraft BIL
□□: 132

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 1:54:54

□□: 6.79 km/h
□□□□: 8:51 min/km

□□□□□/□□□: 50 (of 155)

□□□□□/□: 45 (of 102)

□□□□□□: 1:23:07

□□□□□: 46(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:44	-	28	1:55	28	1:55	-	8:44	-	28	1:55	28	1:55	
Dalsnuten	-	15:16	-	47	4:10	47	4:10	-	24:00	-	41	6:05	41	6:05	
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	34:59	-	37	7:53	37	7:53	
Gramstad mellor	-	7:51	-	40	2:09	40	2:09	-	42:50	-	39	10:02	39	10:02	
Kollirudla	-	11:01	-	53	2:35	53	2:35	-	53:51	-	40	12:37	40	12:37	
Mattisrudlå	-	23:51	-	40	6:23	40	6:23	-	1:17:42	-	39	19:00	39	19:00	
Bjørndalsfjellet	-	13:23	-	49	3:51	49	3:51	-	1:31:05	-	42	22:51	42	22:51	
Gramstadtjønna	-	21:08	-	56	7:57	56	7:57	-	1:52:13	-	45	30:48	45	30:48	
Finish	-	2:41	-	89	1:09	89	1:09	13.00	1:54:54	-	45	31:47	45	31:47	