



7nutslopet 2017
Gramstad / 09.09.2017

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Tommy Haga

□□□: 1:55:25

□□: 166

□□: 6.76 km/h

□□□□: 8:53 min/km

□□: 13.00 km

□□□□□/□□□: 51 (of 155)

7nutsløpet

□□□□□/□: 46 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 47(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:00	-	74	4:11	74	4:11	-	11:00	-	74	4:11	74	4:11
Dalsnuten	-	14:34	-	34	3:28	34	3:28	-	25:34	-	51	7:39	51	7:39
Øvre Eikenuten	-	10:59	-	32	1:48	32	1:48	-	36:33	-	50	9:27	50	9:27
Gramstad mellor	-	7:29	-	27	1:47	27	1:47	-	44:02	-	48	11:14	48	11:14
Kollirudla	-	10:02	-	25	1:36	25	1:36	-	54:04	-	42	12:50	42	12:50
Mattisrudlå	-	24:26	-	46	6:58	46	6:58	-	1:18:30	-	42	19:48	42	19:48
Bjørndalsfjellet	-	13:52	-	58	4:20	58	4:20	-	1:32:22	-	46	24:08	46	24:08
Gramstadtjønna	-	20:53	-	55	7:42	55	7:42	-	1:53:15	-	46	31:50	46	31:50
Finish	-	2:10	-	57	0:38	57	0:38	13.00	1:55:25	-	46	32:18	46	32:18