



7nutslopet 2017  
Gramstad / 09.09.2017

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Ole Amundsen

□□: Kvernaland  
□□: 126

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:56:20

□□: 6.70 km/h  
□□□□: 8:57 min/km

□□□□□/□□□: 53 (of 155)

□□□□□/□: 47 (of 102)

□□□□□□: 1:23:07

□□□□□: 48(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:55	-	72	4:06	72	4:06	-	10:55	-	72	4:06	72	4:06
Dalsnuten	-	16:14	-	57	5:08	57	5:08	-	27:09	-	64	9:14	64	9:14
Øvre Eikenuten	-	11:08	-	38	1:57	38	1:57	-	38:17	-	57	11:11	57	11:11
Gramstad mellor	-	7:56	-	44	2:14	44	2:14	-	46:13	-	56	13:25	56	13:25
Kollirudla	-	11:01	-	53	2:35	53	2:35	-	57:14	-	55	16:00	55	16:00
Mattisrudlå	-	24:29	-	47	7:01	47	7:01	-	1:21:43	-	50	23:01	50	23:01
Bjørndalsfjellet	-	13:44	-	54	4:12	54	4:12	-	1:35:27	-	49	27:13	49	27:13
Gramstadtjønna	-	18:55	-	39	5:44	39	5:44	-	1:54:22	-	47	32:57	47	32:57
Finish	-	1:58	-	34	0:26	34	0:26	13.00	1:56:20	-	47	33:13	47	33:13