



7nutslopet 2017  
Gramstad / 09.09.2017

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Heine Fjellhaug

□□: Avinor  
□□: 77

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:56:36

□□: 6.69 km/h  
□□□□: 8:59 min/km

□□□□□/□□□: 54 (of 155)

□□□□□/□: 48 (of 102)

□□□□□□: 1:23:07

□□□□□: 49(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:25	-	81	4:36	81	4:36	-	11:25	-	81	4:36	81	4:36
Dalsnuten	-	16:40	-	64	5:34	64	5:34	-	28:05	-	74	10:10	74	10:10
Øvre Eikenuten	-	11:31	-	49	2:20	49	2:20	-	39:36	-	60	12:30	60	12:30
Gramstad mellor	-	7:54	-	43	2:12	43	2:12	-	47:30	-	59	14:42	59	14:42
Kollirudla	-	11:39	-	69	3:13	69	3:13	-	59:09	-	59	17:55	59	17:55
Mattisrudlå	-	23:58	-	41	6:30	41	6:30	-	1:23:07	-	54	24:25	54	24:25
Bjørndalsfjellet	-	12:25	-	36	2:53	36	2:53	-	1:35:32	-	50	27:18	50	27:18
Gramstadtjønna	-	18:57	-	40	5:46	40	5:46	-	1:54:29	-	48	33:04	48	33:04
Finish	-	2:07	-	50	0:35	50	0:35	13.00	1:56:36	-	48	33:29	48	33:29