



7nutslopet 2017  
Gramstad / 09.09.2017

□□□□

Terje Lutsi

□□: Sviland BMX - REFAB  
□□: 134

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 1:57:23

□□: 6.64 km/h  
□□□□: 9:02 min/km

□□□□□/□□□: 58 (of 155)

□□□□□/□: 51 (of 102)

□□□□□□: 1:23:07

□□□□□: 52(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:01	-	56	3:12	56	3:12	-	10:01	-	56	3:12	56	3:12	
Dalsnuten	-	15:22	-	49	4:16	49	4:16	-	25:23	-	49	7:28	49	7:28	
Øvre Eikenuten	-	11:20	-	44	2:09	44	2:09	-	36:43	-	51	9:37	51	9:37	
Gramstad mellor	-	8:47	-	67	3:05	67	3:05	-	45:30	-	52	12:42	52	12:42	
Kollirudla	-	11:28	-	61	3:02	61	3:02	-	56:58	-	51	15:44	51	15:44	
Mattisrudlå	-	24:30	-	48	7:02	48	7:02	-	1:21:28	-	49	22:46	49	22:46	
Bjørndalsfjellet	-	13:57	-	60	4:25	60	4:25	-	1:35:25	-	48	27:11	48	27:11	
Gramstadtjønna	-	19:25	-	46	6:14	46	6:14	-	1:54:50	-	51	33:25	51	33:25	
Finish	-	2:33	-	82	1:01	82	1:01	13.00	1:57:23	-	51	34:16	51	34:16	