



7nutslopet 2017
Gramstad / 09.09.2017

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Øystein Dale

□□□: 2:00:18

□□: 91

□□: 6.48 km/h

□□□□: 9:16 min/km

□□: 13.00 km

□□□□□/□□□: 64 (of 155)

7nutsløpet

□□□□□/□: 53 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 54(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:18	-	63	3:29	63	3:29	-	10:18	-	63	3:29	63	3:29	
Dalsnuten	-	16:21	-	58	5:15	58	5:15	-	26:39	-	59	8:44	59	8:44	
Øvre Eikenuten	-	11:32	-	50	2:21	50	2:21	-	38:11	-	56	11:05	56	11:05	
Gramstad mellor	-	8:03	-	51	2:21	51	2:21	-	46:14	-	57	13:26	57	13:26	
Kollirudla	-	11:30	-	63	3:04	63	3:04	-	57:44	-	56	16:30	56	16:30	
Mattisrudlå	-	27:02	-	68	9:34	68	9:34	-	1:24:46	-	60	26:04	60	26:04	
Bjørndalsfjellet	-	13:24	-	50	3:52	50	3:52	-	1:38:10	-	57	29:56	57	29:56	
Gramstadtjønna	-	20:04	-	48	6:53	48	6:53	-	1:58:14	-	53	36:49	53	36:49	
Finish	-	2:04	-	44	0:32	44	0:32	13.00	2:00:18	-	53	37:11	53	37:11	