



7nutslopet 2017
Gramstad / 09.09.2017

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Eirik Duesten

□□: Gti friidrettsklubb / petrol

□□: 18

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:01:20

□□: 6.43 km/h

□□□□: 9:20 min/km

□□□□□/□□□: 67 (of 155)

□□□□□/□: 54 (of 102)

□□□□□□: 1:23:07

□□□□□: 55(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:31	-	22	1:42	22	1:42	-	8:31	-	22	1:42	22	1:42	
Dalsnuten	-	15:12	-	45	4:06	45	4:06	-	23:43	-	34	5:48	34	5:48	
Øvre Eikenuten	-	12:16	-	59	3:05	59	3:05	-	35:59	-	44	8:53	44	8:53	
Gramstad mellor	-	7:37	-	34	1:55	34	1:55	-	43:36	-	42	10:48	42	10:48	
Kollirudla	-	10:13	-	33	1:47	33	1:47	-	53:49	-	39	12:35	39	12:35	
Mattisrudlå	-	27:17	-	69	9:49	69	9:49	-	1:21:06	-	48	22:24	48	22:24	
Bjørndalsfjellet	-	15:10	-	72	5:38	72	5:38	-	1:36:16	-	53	28:02	53	28:02	
Gramstadtjønna	-	23:22	-	69	10:11	69	10:11	-	1:59:38	-	54	38:13	54	38:13	
Finish	-	1:42	-	4	0:10	4	0:10	13.00	2:01:20	-	55	38:13	55	38:13	