



7nutslopet 2017  
Gramstad / 09.09.2017

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Andreas Talgø Lie

□□: Kreftforeningen

□□: 56

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:01:20

□□: 6.43 km/h

□□□□: 9:20 min/km

□□□□□/□□□: 68 (of 155)

□□□□□/□: 54 (of 102)

□□□□□□: 1:23:07

□□□□□: 55(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:27	-	65	3:38	65	3:38	-	10:27	-	65	3:38	65	3:38	
Dalsnuten	-	16:36	-	62	5:30	62	5:30	-	27:03	-	62	9:08	62	9:08	
Øvre Eikenuten	-	13:04	-	70	3:53	70	3:53	-	40:07	-	64	13:01	64	13:01	
Gramstad mellor	-	8:46	-	65	3:04	65	3:04	-	48:53	-	65	16:05	65	16:05	
Kollirudla	-	10:24	-	35	1:58	35	1:58	-	59:17	-	60	18:03	60	18:03	
Mattisrudlå	-	24:55	-	53	7:27	53	7:27	-	1:24:12	-	58	25:30	58	25:30	
Bjørndalsfjellet	-	13:06	-	45	3:34	45	3:34	-	1:37:18	-	55	29:04	55	29:04	
Gramstadtjønna	-	22:20	-	63	9:09	63	9:09	-	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	