



7nutslopet 2017  
Gramstad / 09.09.2017

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Simon Vestvik Edland

□□□: 2:01:39

□□: 110

□□: 6.41 km/h

□□□□: 9:22 min/km

□□: 13.00 km

□□□□□/□□□: 69 (of 155)

7nutsløpet

□□□□□/□: 56 (of 102)

□□□□□□: 1:23:07

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□□□□□: 57(of 102)

Mann

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:06	-	59	3:17	59	3:17	-	10:06	-	59	3:17	59	3:17	
Dalsnuten	-	15:36	-	53	4:30	53	4:30	-	25:42	-	52	7:47	52	7:47	
Øvre Eikenuten	-	11:43	-	54	2:32	54	2:32	-	37:25	-	54	10:19	54	10:19	
Gramstad mellor	-	8:05	-	53	2:23	53	2:23	-	45:30	-	52	12:42	52	12:42	
Kollirudla	-	11:35	-	66	3:09	66	3:09	-	57:05	-	53	15:51	53	15:51	
Mattisrudlå	-	25:23	-	59	7:55	59	7:55	-	1:22:28	-	52	23:46	52	23:46	
Bjørndalsfjellet	-	14:37	-	66	5:05	66	5:05	-	1:37:05	-	54	28:51	54	28:51	
Gramstadtjønna	-	22:38	-	66	9:27	66	9:27	-	1:59:43	-	56	38:18	56	38:18	
Finish	-	1:56	-	30	0:24	30	0:24	13.00	2:01:39	-	57	38:32	57	38:32	