



7nutslopet 2017
Gramstad / 09.09.2017

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John Olav Haga

□□: 131

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 2:01:57

□□: 6.40 km/h
□□□□: 9:23 min/km

□□□□□/□□□: 70 (of 155)

□□□□□/□: 57 (of 102)

□□□□□□: 1:23:07

□□□□□: 58(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:35	-	82	4:46	82	4:46	-	11:35	-	82	4:46	82	4:46	
Dalsnuten	-	16:49	-	67	5:43	67	5:43	-	28:24	-	75	10:29	75	10:29	
Øvre Eikenuten	-	11:54	-	57	2:43	57	2:43	-	40:18	-	66	13:12	66	13:12	
Gramstad mellor	-	8:30	-	59	2:48	59	2:48	-	48:48	-	64	16:00	64	16:00	
Kollirudla	-	11:23	-	59	2:57	59	2:57	-	1:00:11	-	61	18:57	61	18:57	
Mattisrudlå	-	25:10	-	55	7:42	55	7:42	-	1:25:21	-	61	26:39	61	26:39	
Bjørndalsfjellet	-	13:47	-	55	4:15	55	4:15	-	1:39:08	-	61	30:54	61	30:54	
Gramstadtjønna	-	20:35	-	52	7:24	52	7:24	-	1:59:43	-	56	38:18	56	38:18	
Finish	-	2:14	-	61	0:42	61	0:42	13.00	2:01:57	-	58	38:50	58	38:50	