



7nutslopet 2017
Gramstad / 09.09.2017

0000

Christer Olsen

000: 2:02:19

00: 186

00: 6.38 km/h

0000: 9:25 min/km

00: 13.00 km

00000/000: 72 (of 155)

7nutsløpet

00000/0: 59 (of 102)

000000: 1:23:07

0000:

00000: 60(of 102)

Mann

0000000: 1:23:07

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0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Fodgstadnuten	-	9:47	-	47	2:58	47	2:58	-	9:47	-	47	2:58	47	2:58
Dalsnuten	-	15:10	-	43	4:04	43	4:04	-	24:57	-	46	7:02	46	7:02
Øvre Eikenuten	-	11:23	-	47	2:12	47	2:12	-	36:20	-	46	9:14	46	9:14
Gramstad mellor	-	7:47	-	38	2:05	38	2:05	-	44:07	-	50	11:19	50	11:19
Kollirudla	-	11:40	-	70	3:14	70	3:14	-	55:47	-	50	14:33	50	14:33
Mattisrudlå	-	27:26	-	71	9:58	71	9:58	-	1:23:13	-	55	24:31	55	24:31
Bjørndalsfjellet	-	15:06	-	71	5:34	71	5:34	-	1:38:19	-	58	30:05	58	30:05
Gramstadtjønna	-	21:49	-	61	8:38	61	8:38	-	2:00:08	-	59	38:43	59	38:43
Finish	-	2:11	-	59	0:39	59	0:39	13.00	2:02:19	-	60	39:12	60	39:12