



7nutslopet 2017
Gramstad / 09.09.2017

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André Kvanvik Olsen

□□: 85

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:02:45

□□: 6.35 km/h

□□□□: 9:27 min/km

□□□□□/□□□: 73 (of 155)

□□□□□/□: 60 (of 102)

□□□□□□: 1:23:07

□□□□□: 61(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	8:36	-	26	1:47	26	1:47	-	8:36	-	26	1:47	26	1:47
Dalsnuten	-	15:19	-	48	4:13	48	4:13	-	23:55	-	38	6:00	38	6:00
Øvre Eikenuten	-	10:52	-	31	1:41	31	1:41	-	34:47	-	33	7:41	33	7:41
Gramstad mellor	-	8:01	-	47	2:19	47	2:19	-	42:48	-	38	10:00	38	10:00
Kollirudla	-	11:21	-	57	2:55	57	2:55	-	54:09	-	43	12:55	43	12:55
Mattisrudlå	-	29:12	-	80	11:44	80	11:44	-	1:23:21	-	56	24:39	56	24:39
Bjørndalsfjellet	-	15:12	-	73	5:40	73	5:40	-	1:38:33	-	59	30:19	59	30:19
Gramstadtjønna	-	21:36	-	58	8:25	58	8:25	-	2:00:09	-	60	38:44	60	38:44
Finish	-	2:36	-	84	1:04	84	1:04	13.00	2:02:45	-	61	39:38	61	39:38