



7nutslopet 2017
Gramstad / 09.09.2017

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Arnkjell Sørhus Hustvedt

□□: Rustad il
□□: 89

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 2:07:39

□□: 6.11 km/h
□□□□: 9:50 min/km

□□□□□/□□□: 82 (of 155)

□□□□□/□: 67 (of 102)

□□□□□□: 1:23:07

□□□□□: 68(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	9:22	-	43	2:33	43	2:33	-	9:22	-	43	2:33	43	2:33
Dalsnuten	-	17:44	-	81	6:38	81	6:38	-	27:06	-	63	9:11	63	9:11
Øvre Eikenuten	-	12:46	-	64	3:35	64	3:35	-	39:52	-	62	12:46	62	12:46
Gramstad mellor	-	8:45	-	64	3:03	64	3:03	-	48:37	-	61	15:49	61	15:49
Kollirudla	-	12:10	-	80	3:44	80	3:44	-	1:00:47	-	65	19:33	65	19:33
Mattisrudlå	-	27:27	-	72	9:59	72	9:59	-	1:28:14	-	70	29:32	70	29:32
Bjørndalsfjellet	-	15:40	-	77	6:08	77	6:08	-	1:43:54	-	70	35:40	70	35:40
Gramstadtjønna	-	21:37	-	59	8:26	59	8:26	-	2:05:31	-	67	44:06	67	44:06
Finish	-	2:08	-	52	0:36	52	0:36	13.00	2:07:39	-	68	44:32	68	44:32