



7nutslopet 2017  
Gramstad / 09.09.2017

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Thierry Le Gallais

□□□: 2:08:09

□□: 32

□□: 6.09 km/h

□□□□: 9:52 min/km

□□: 13.00 km

□□□□□/□□□: 84 (of 155)

7nutsløpet

□□□□□/□: 69 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 70(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:10	-	61	3:21	61	3:21	-	10:10	-	61	3:21	61	3:21
Dalsnuten	-	16:39	-	63	5:33	63	5:33	-	26:49	-	60	8:54	60	8:54
Øvre Eikenuten	-	12:49	-	66	3:38	66	3:38	-	39:38	-	61	12:32	61	12:32
Gramstad mellor	-	9:01	-	69	3:19	69	3:19	-	48:39	-	63	15:51	63	15:51
Kollirudla	-	11:49	-	71	3:23	71	3:23	-	1:00:28	-	63	19:14	63	19:14
Mattisrudlå	-	26:45	-	65	9:17	65	9:17	-	1:27:13	-	67	28:31	67	28:31
Bjørndalsfjellet	-	14:37	-	66	5:05	66	5:05	-	1:41:50	-	67	33:36	67	33:36
Gramstadtjønna	-	23:45	-	72	10:34	72	10:34	-	2:05:35	-	69	44:10	69	44:10
Finish	-	2:34	-	83	1:02	83	1:02	13.00	2:08:09	-	70	45:02	70	45:02