



7nutslopet 2017  
Gramstad / 09.09.2017

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Fredrik Gjeruldsen

□□: Statoil  
□□: 153

□□: 13.00 km  
7nutsløpet

□□□□:  
Mann

□□□: 2:12:12

□□: 5.90 km/h  
□□□□: 10:11 min/km

□□□□□/□□□: 89 (of 155)

□□□□□/□: 71 (of 102)

□□□□□□: 1:23:07

□□□□□: 72(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:17	-	78	4:28	78	4:28	-	11:17	-	78	4:28	78	4:28	
Dalsnuten	-	17:18	-	77	6:12	77	6:12	-	28:35	-	77	10:40	77	10:40	
Øvre Eikenuten	-	12:26	-	61	3:15	61	3:15	-	41:01	-	74	13:55	74	13:55	
Gramstad mellor	-	9:29	-	77	3:47	77	3:47	-	50:30	-	74	17:42	74	17:42	
Kollirudla	-	12:02	-	77	3:36	77	3:36	-	1:02:32	-	72	21:18	72	21:18	
Mattisrudlå	-	28:21	-	77	10:53	77	10:53	-	1:30:53	-	73	32:11	73	32:11	
Bjørndalsfjellet	-	15:35	-	76	6:03	76	6:03	-	1:46:28	-	74	38:14	74	38:14	
Gramstadtjønna	-	23:24	-	70	10:13	70	10:13	-	2:09:52	-	71	48:27	71	48:27	
Finish	-	2:20	-	70	0:48	70	0:48	13.00	2:12:12	-	72	49:05	72	49:05	