



7nutslopet 2017
Gramstad / 09.09.2017

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Oddvar Fattnes

□□: Petrol

□□: 172

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:12:29

□□: 5.89 km/h

□□□□: 10:12 min/km

□□□□□/□□□: 90 (of 155)

□□□□□/□: 72 (of 102)

□□□□□□: 1:23:07

□□□□□: 73(of 102)

□□□□□□□: 1:23:07

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Fodgstadnuten | - | 10:45 | - | 67 | 3:56 | 67 | 3:56 | - | 10:45 | - | 67 | 3:56 | 67 | 3:56 | |
| Dalsnuten | - | 16:54 | - | 70 | 5:48 | 70 | 5:48 | - | 27:39 | - | 69 | 9:44 | 69 | 9:44 | |
| Øvre Eikenuten | - | 13:00 | - | 68 | 3:49 | 68 | 3:49 | - | 40:39 | - | 69 | 13:33 | 69 | 13:33 | |
| Gramstad mellor | - | 8:33 | - | 61 | 2:51 | 61 | 2:51 | - | 49:12 | - | 67 | 16:24 | 67 | 16:24 | |
| Kollirudla | - | 13:52 | - | 90 | 5:26 | 90 | 5:26 | - | 1:03:04 | - | 73 | 21:50 | 73 | 21:50 | |
| Mattisrudlå | - | 27:51 | - | 75 | 10:23 | 75 | 10:23 | - | 1:30:55 | - | 74 | 32:13 | 74 | 32:13 | |
| Bjørndalsfjellet | - | 15:23 | - | 74 | 5:51 | 74 | 5:51 | - | 1:46:18 | - | 73 | 38:04 | 73 | 38:04 | |
| Gramstadtjønna | - | 23:55 | - | 73 | 10:44 | 73 | 10:44 | - | 2:10:13 | - | 72 | 48:48 | 72 | 48:48 | |
| Finish | - | 2:16 | - | 68 | 0:44 | 68 | 0:44 | 13.00 | 2:12:29 | - | 73 | 49:22 | 73 | 49:22 | |