



7nutslopet 2017  
Gramstad / 09.09.2017

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Sverre J Sverrisson

□□□: 2:12:43

□□: 42

□□: 5.88 km/h

□□□□: 10:13 min/km

□□: 13.00 km

□□□□□/□□□: 91 (of 155)

7nutsløpet

□□□□□/□: 73 (of 102)

□□□□□□: 1:23:07

□□□□:

□□□□□: 74(of 102)

Mann

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	10:19	-	64	3:30	64	3:30	-	10:19	-	64	3:30	64	3:30
Dalsnuten	-	16:43	-	65	5:37	65	5:37	-	27:02	-	61	9:07	61	9:07
Øvre Eikenuten	-	13:08	-	72	3:57	72	3:57	-	40:10	-	65	13:04	65	13:04
Gramstad mellor	-	9:16	-	73	3:34	73	3:34	-	49:26	-	68	16:38	68	16:38
Kollirudla	-	11:38	-	68	3:12	68	3:12	-	1:01:04	-	68	19:50	68	19:50
Mattisrudlå	-	26:49	-	66	9:21	66	9:21	-	1:27:53	-	69	29:11	69	29:11
Bjørndalsfjellet	-	16:17	-	80	6:45	80	6:45	-	1:44:10	-	71	35:56	71	35:56
Gramstadtjønnna	-	26:13	-	78	13:02	78	13:02	-	2:10:23	-	73	48:58	73	48:58
Finish	-	2:20	-	70	0:48	70	0:48	13.00	2:12:43	-	74	49:36	74	49:36