



7nutslopet 2017
Gramstad / 09.09.2017

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Tommy Christensen

□□: Ugland BIL

□□: 69

□□: 13.00 km

7nutsløpet

□□□□:

Mann

□□□: 2:16:57

□□: 5.70 km/h

□□□□: 10:33 min/km

□□□□□/□□□: 96 (of 155)

□□□□□/□: 77 (of 102)

□□□□□□: 1:23:07

□□□□□: 78(of 102)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:20	-	79	4:31	79	4:31	-	11:20	-	79	4:31	79	4:31	
Dalsnuten	-	17:36	-	78	6:30	78	6:30	-	28:56	-	80	11:01	80	11:01	
Øvre Eikenuten	-	16:45	-	87	7:34	87	7:34	-	45:41	-	79	18:35	79	18:35	
Gramstad mellor	-	9:16	-	73	3:34	73	3:34	-	54:57	-	77	22:09	77	22:09	
Kollirudla	-	11:23	-	59	2:57	59	2:57	-	1:06:20	-	76	25:06	76	25:06	
Mattisrudlå	-	29:46	-	82	12:18	82	12:18	-	1:36:06	-	79	37:24	79	37:24	
Bjørndalsfjellet	-	14:16	-	62	4:44	62	4:44	-	1:50:22	-	78	42:08	78	42:08	
Gramstadtjønnna	-	24:15	-	75	11:04	75	11:04	-	2:14:37	-	77	53:12	77	53:12	
Finish	-	2:20	-	70	0:48	70	0:48	13.00	2:16:57	-	78	53:50	78	53:50	