



7nutslopet 2017
Gramstad / 09.09.2017

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Espen Lea

□□: 81

□□: 13.00 km
7nutsløpet

□□□□:
Mann

□□□: 2:21:16

□□: 5.52 km/h
□□□□: 10:52 min/km

□□□□□/□□□: 103 (of 155)

□□□□□/□: 79 (of 102)

□□□□□□: 1:23:07

□□□□□: 80(of 102)

□□□□□□□: 1:23:07

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Fodgstadnuten	-	11:16	-	77	4:27	77	4:27	-	11:16	-	77	4:27	77	4:27	
Dalsnuten	-	19:34	-	91	8:28	91	8:28	-	30:50	-	88	12:55	88	12:55	
Øvre Eikenuten	-	15:03	-	79	5:52	79	5:52	-	45:53	-	81	18:47	81	18:47	
Gramstad mellor	-	10:40	-	89	4:58	89	4:58	-	56:33	-	86	23:45	86	23:45	
Kollirudla	-	12:07	-	78	3:41	78	3:41	-	1:08:40	-	84	27:26	84	27:26	
Mattisrudlå	-	27:23	-	70	9:55	70	9:55	-	1:36:03	-	78	37:21	78	37:21	
Bjørndalsfjellet	-	15:27	-	75	5:55	75	5:55	-	1:51:30	-	79	43:16	79	43:16	
Gramstadtjønna	-	27:17	-	82	14:06	82	14:06	-	2:18:47	-	78	57:22	78	57:22	
Finish	-	2:29	-	78	0:57	78	0:57	13.00	2:21:16	-	80	58:09	80	58:09	